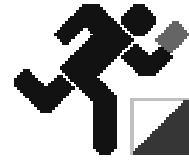


*The Auckland*

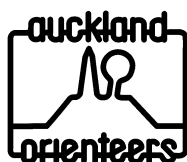


# Orienteer



This map is the latter part of a red long-distance course at the national championships, Easter Sunday, at Te Wharau about 50 km East of Masterton in the West Wairarapa dust-dry hills. Note that the map has fences on it and the differences from Auckland terrain. The out of bounds areas were broccoli.

April 2008



## Editorial

You have probably received this newsletter somewhat later in the month than is customary on account of the national championships at Easter being at an inconvenient time for compiling and printing this edition.

The dark grey on the map on the front page is either a lake or dark green and the light grey is either light green or open land (yellow). For example, there is a lake in a clearing on top of the hill to the NW of control 8. The championships were in largely fine weather and provided different terrain and navigational challenges than typical AOA events. It was a well organised event but appeared to me to quite poorly attended.

Note that Unni Lewis has resigned as CMOC secretary and I am her replacement.

Some emails come to me with ambiguous identification. The sender's name that appears on my screen is the name recorded in the sender's computer and can be misleading if there is only one name stored in the computer but more than one user. I have unwittingly assumed that emails have come to me from the named orienteer when they have not. To find out the "From" names in your emails send yourself an email from your computer. If necessary, use the Help facility in your email software for guidance on how to change the "From" names.

This edition contains another exercise on contours as part of a series focusing on the developmental needs of orange course orienteers. It also has the second part of the article from Bill Teahan on developing your orienteering skills through a systematic analysis of your errors.

John

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## Editorial bits

### Next Issue: May 2008

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz) or mail to 11 Cathcart Close, Pukekohe, by April 20. Contributions may be edited or abridged by the editor.

### Distribution

If you change your address please contact your club membership officer or Stephen Reynolds at 09 358 854 or [Stephen.Reynolds@lion-nathan.co.nz](mailto:Stephen.Reynolds@lion-nathan.co.nz)

### Sender

Auckland Orienteering Association, 132 Waikoukou Valley Road, RD2, Waimauku

*The Auckland Orienteer is the monthly magazine of the Auckland Orienteering Association. It is produced monthly, except January, and is available online from [www.nworienteering.org.nz](http://www.nworienteering.org.nz). Other orienteering related publications are welcome to draw material from the magazine although credit is asked for both the author, if stated, and the magazine.*

**AOA newsletters** are available on the NWOC website along with an index to articles. Some of these articles are particularly relevant to novice orienteers and experienced orienteers who are new to orienteering in the Auckland region.

## Notices

### 2008 DEVELOPMENT SQUAD

*March 2008*

#### Men

Gene Beveridge (North West)  
Jourdan Harvey (Counties Manukau)  
Simon Jager (Auckland)  
Scott McDonald (Hawkes Bay)  
Duncan Morrison (Hawkes Bay)  
Ciaran Murphy (Counties Manukau)  
Matthew Ogden (North West)  
Andrew Peat (Counties Manukau)  
Thomas Reynolds (North West)  
Toby Scott (Auckland)  
Jack Vincent (Hawkes Bay)

Coaching Coordinator: James Bradshaw

#### Women

Claire Dinsdale (Wellington)  
Rachel Goodwin (Hawkes Bay)  
Jaime Goodwin (Hawkes Bay)  
Lizzie Ingham (Wellington)  
Greta Knarston (Counties Manukau)  
Kate Morrison (Hawkes Bay)  
Nicola Peat (Counties Manukau)  
Tessa Ramsden (Red Kiwi)  
Kate Rea (Counties Manukau)  
Laura Robertson (Hutt Valley)  
Imogene Scott (Auckland)  
Angela Simpson (Rotorua)  
Georgia Whitla (Peninsula & Plains)

### North Island Secondary School Championships

Hawkes Bay OC is hosting the NI school event on May 2 & 3. The competition includes events for secondary school students and also Y7/8 students. The event entry form and information is on the club website at <http://www.hborienteering.com/nissc2008/nissc.html>.

### South Island Championships

The entry form for the 2008 South Island Championships is now available in both Word and pdf versions at [www.papo.org.nz](http://www.papo.org.nz).

### OY1 Results

#### Planner's (Andrew Peat) comments

I hope you all enjoyed the day down at Port Waikato; running, walking, and crawling all over the hills. After looking at the results, maybe some traded their summer training for a few too many days at the beach but at least it was worth the trip down there.

Although Hurawai can be a mission, the beauty of it is in the rock detail - which the courses tried to highlight. Those of you who have navigated through Australian terrain know it takes a slightly different tack to orienteer in rocks, which presents a nice contrast to Woodhill. Whether it's coming into one of the massive re-entrants off a vague hillside or trying to find a boulder amongst the towering cliffs surrounding you, the need to be on top of your game is essential. How hard was it to relocate when every rock looks exactly like the one next to it and it's a huge climb to get out of the re-entrant?!!

Hopefully, everyone found the courses both technically and physically tough - exactly how orienteering should be! For those of you next up to set events I recommend doing what I did, which was to look at the places I'd want to run through/around (the tricky areas that you have to think and

really pay attention to- fun detail!) and combine it with legs that cause not only a change of direction, but also effect the pace of the competitor, such as a fast paced leg suddenly turning into some complex detail, forcing a drastic reduction in speed.

*Note: entries in italics are provisional until club membership is confirmed.*

Course	Name	Club	Runner's Time	OY Points
<b>RED 1</b>	<b>8.7 km</b>			Factor: 130
	1 Mark Lawson	NW	84:22	<b>176.5</b>
	2 Nick Harris	NW	100:17	<b>148.5</b>
	3 Simon Jager	A	106:10	<b>140.3</b>
	4 Toby Scott	A	110:21	<b>134.9</b>
	Median: Gene Beveridge	NW	114:33	<b>130.0</b>
	6 Matthew Ogden	NW	135:14	<b>110.1</b>
	7 Tony Cooper	A	212:29	<b>70.1</b>
	Malcolm Gawn	A	mp	<b>14.9</b>
	Kane Alward	A	mp	<b>14.9</b>
<b>RED 2</b>	<b>6.3 km</b>			Factor: 75
	1 Martin Peat	CM	70:32	<b>110.1</b>
	2 Pete Swanson	A	73:01	<b>106.3</b>
	3 Paul Ireland	NW	81:38	<b>95.1</b>
	4 Nick Mead	NW	86:53	<b>89.4</b>
	5 Jeff Greenwood	A	88:03	<b>88.2</b>
	6 Lise Moen	CM	88:52	<b>87.4</b>
	7 Geoff Mead	NW	91:40	<b>84.7</b>
	8 Imogene Scott	A	93:40	<b>82.9</b>
	9 Wayne Aspin	CM	97:13	<b>79.9</b>
	Median: Bruce Peat	CM	103:32	<b>75.0</b>
	11 Dave Middleton	NW	105:21	<b>73.7</b>
	12 Scott Vennell	A	111:14	<b>69.8</b>
	13 Stan Foster	NW	113:14	<b>68.6</b>
	14 Owen Means	NW	122:26	<b>63.4</b>
	15 Steve Oram	A	131:21	<b>59.1</b>
	16 Ionel Popovici	A	135:30	<b>57.3</b>
	17 Brent Goodall	H	150:02	<b>51.8</b>
	18 Ellis Lam	A	152:14	<b>51.0</b>
	Lisa Mead	NW	mp	<b>7.8</b>
<b>RED 3</b>	<b>4.7 km</b>			Factor: 50
	1 Mike Beveridge	NW	77:25	<b>71.9</b>
	2 Marquita Gelderman	NW	78:23	<b>71.0</b>
	3 Darren Gosse	NW	89:58	<b>61.9</b>
	4 Sandra Faustl	A	95:41	<b>58.2</b>
	5 Mark Wilson	A	96:57	<b>57.4</b>
	6 Les Paver	NW	99:23	<b>56.0</b>
	7 John Robinson	CM	99:42	<b>55.8</b>
	8 Rolf Wagner	NW	102:41	<b>54.2</b>
	9 Paul Potter	NW	103:45	<b>53.7</b>
	10 Norm Jager	A	104:51	53.1
	11 Annette Orchard	A	105:17	<b>52.9</b>
	12 Lisbeth Hornell	NW	108:16	51.4
	13 Lyndsay Wood	CM	108:27	<b>51.3</b>
	14 Jonathan Wood	A	109:38	<b>50.8</b>
	15 Michael Cox	NW	110:12	<b>50.5</b>
	Median: 16 <i>James Wech</i>	- - -	112:59	49.3
	17 Terje Moen	NW	113:05	<b>49.2</b>
	18 Sirkka Haase	NW	117:08	<b>47.5</b>
	19 Phil Johansen	NW	122:17	<b>45.5</b>
	20 Renee Beveridge	NW	125:11	<b>44.5</b>
	21 John Powell	CM	128:02	<b>43.5</b>

	22	Roger Woodroffe	A	134:09	<b>41.5</b>
	23	Lydia Scott	A	134:24	<b>41.4</b>
	24	Elke Haag	NW	134:52	<b>41.3</b>
	25	Miles Paver	NW	160:15	<b>34.7</b>
		Patricia Aspin	CM	mp	<b>5.6</b>
		Peter Bakos	A	mp	<b>5.6</b>
		Peter Godfrey	NW	mp	<b>5.6</b>
		Reuben Wilson	A	mp	<b>5.6</b>
		Rhys Llewellyn	CM	mp	<b>5.6</b>
<b>RED 4</b>		<b>2.8 km</b>			Factor: 35
	1	Lyndsay Shuker	CM	56:06	<b>49.4</b>
	2	Allan Janes	NW	59:31	<b>46.6</b>
	3	David Scott	A	69:30	<b>39.9</b>
	4	Chris Gelderman	NW	71:13	<b>38.9</b>
	5	Russell Howard	A	71:14	<b>38.9</b>
	6	Val Robinson	CM	77:24	<b>35.8</b>
	7	Suzanne Stolberger	NW	78:47	<b>35.2</b>
	Median:				
	8	Anne Humphrey	CM	79:34	<b>34.8</b>
	9	Rae Powell	CM	83:49	<b>33.1</b>
	10	Bronwyn Holcombe	A	90:57	<b>30.5</b>
	11	Bert Chapman	NW	129:53	<b>21.3</b>
	12	Yett Gelderman	NW	148:03	<b>18.7</b>
	13	Stephanie Wood	NW	156:40	<b>17.7</b>
		<i>Marc Magerkorth</i>	- - -	<i>mp</i>	<i>2.8</i>
<b>ORANGE LONG</b>		<b>5.8 km</b>			Factor: 25
	1	Dominic Melchers	CM	95:58	<b>36.6</b>
	Median:	Debbie Bevens	NW	140:39	<b>25.0</b>
	3	Joseph Wood	A	141:55	<b>24.8</b>
<b>ORANGE SHORT</b>		<b>3.0 km</b>			Factor: 25
	1	Joras Melchers	CM	54:26	<b>37.4</b>
	2	Joshua Melchers	CM	66:53	<b>30.5</b>
	3	Simon Cox	NW	73:04	<b>27.9</b>
	4	Sharna Xu	A	79:13	<b>25.7</b>
	5	Ian Lightbody	A	80:29	<b>25.3</b>
	Median:				
	6	Bev Shuker	CM	82:30	<b>24.7</b>
	7	Carey Walter	CM	109:02	<b>18.7</b>
	8	Liz Pascal	A	134:21	<b>15.2</b>
	9	Jack Walley	CM	135:50	<b>15.0</b>
		Jonty Oram	A	mp	<b>2.0</b>
<b>YELLOW</b>		<b>3.0 km</b>			Factor: 20
	1	Sjan Wijdeven	CM	59:48	<b>24.4</b>
	2	Shane Andrew	CM	59:56	<b>24.4</b>
	3	Gerard Melchers	CM	65:22	<b>22.3</b>
	4	<i>Kayla Candwell</i>	- - -	<i>65:37</i>	<i>22.3</i>
	5	Suzie Eyres	CM	71:41	<b>20.4</b>
	Median:	<i>Loren Abraham</i>	- - -	<i>73:00</i>	<i>20.0</i>
	7	<i>Georgina Chase</i>	- - -	<i>76:14</i>	<i>19.2</i>
	8	Matthew Goodall	H	82:04	<b>17.8</b>
	9	Thomas Stolberger	NW	82:21	<b>17.7</b>
	10	Tony Goodall	H	86:33	<b>16.9</b>
	11	Kaito Walley	CM	103:55	<b>14.0</b>

WHITE		2.8 km		Factor: 10
1	Zaak Wijdeven	CM	41:30	<b>13.3</b>
2	Vicky Wijdeven	CM	41:41	<b>13.3</b>
3	<i>Ashton Llewellyn</i>	- - -	43:44	12.7
4	Adrienne Lovell	CM	51:53	<b>10.7</b>
5	Santy Goodall	H	52:50	<b>10.5</b>
Median:	Heidi Stolberger	NW	55:23	<b>10.0</b>
7	Liam Stolberger	NW	55:24	<b>10.0</b>
8	Danielle Goodall	H	57:02	<b>9.7</b>
9	William Steel	CM	82:06	<b>6.7</b>
10	Hiraku Walley	CM	86:20	<b>6.4</b>
	Catherine Melchers	CM	mp	<b>0.6</b>

## New Zealand Rogaine Championships MAY 24 & 25, 2008

The **New Zealand Rogaine Championships** will be held at Taupo in the central North Island in May. There will be approximately 70 checkpoints spread across 140 square kilometres. Teams of 2-5 persons will have 24 hours to navigate on foot to as many checkpoints as possible. A separate 12-hour (2x6) option is also available.

- 24-hour **New Zealand Championship** event – starts 12.00pm 24 May and finishes 12.00pm 25 May
- 12-hour **Game of Two Halves** event – starts 12.00pm 24 May, pauses 6.00pm 24 May (with maps returned), re-starts 6.00am 25 May and finishes 12.00pm 25 May

The **2008 New Zealand Rogaine Championships** are endorsed by both the New Zealand Orienteering Federation and the New Zealand Rogaine Association as an official national championships event.

**Entry:** a **separate** entry for each team member is required and is available from the CDOA website [www.cdorienteering.co.nz](http://www.cdorienteering.co.nz). Entry forms and payment **for each team member** should be mailed to the address on the entry form (below) by **Monday 19 May 2008**. **Closing date for entries is a post-date of Monday 19 May 2008. Entries after this date will be at the discretion of the organisers and will attract a late entry fee. No refunds will be made after 19 May 2008.**

### **Fees:**

- 24-hour Championship event: \$85.00 per person.
- 12-hour (2x6) event: \$65.00 per person.

Food at the Hash-House during and after the event is included in these entry fees. No beverages, except water, will be made available at the Hash-House during the event and competitors should bring their own sports drinks and other post-event “refreshments” according to their own taste/magic formulas!

**Getting there:** Fly to either Taupo or Rotorua airports. The event site is near Taupo, which is approximately 1 hour drive from Rotorua. The Hash House (event start/finish) can be reached by passenger car or campervan. Information concerning the Hash House location will be emailed to competitors in the week before the event and direction signs will be visible from the bottom of Spa Road in Taupo from the afternoon of Friday 23 May.

**Accommodation and Camping During the Event:** A large variety of hotels/motels are available in Taupo. Camping will be available (and is encouraged) at the Hash House location on Friday and Saturday nights with drinking and cooking water available.

**Terrain and Other Information:** The event area consists of rolling but incised farmland, thermal features, large areas of pine forest, patches of native bush and scrub and some urban surrounds. The unique combination of differing terrains promises a challenging but most enjoyable rogaine, with something a little different for all competitors.

- No dogs will be allowed on the course or at the Hash-House.
- The event date is 6 days after a full moon so, weather permitting, close to a ½ moon will be visible during the night hours of the event.
- The final map scale will be between 1:40,000 and 1:50,000.
- The area has not been embargoed for practical reasons. If you will be entering this area for any reason prior to 24 May 2008 we ask that you contact the event planner (Lance Eccles - (07) 377 6161) to tell him where you will be. Our goal is to run the fairest event possible.

**Rogaine Rules:** The championships will be run in accordance with the current rogaining rules of the Australian Rogaining Association (ARA) with minor changes as may be required for this event. (The current ARA Rogaining Rules can be viewed at <http://rogaine.asn.au/index.php?id=6>).

A copy of the event rules will be included in each competitor's race pack. Non-adherence to these rules will result in disqualification. Any event protests will be dealt with in accordance with the protests procedure detailed in race packs.

**Navlight™ Electronic Scoring System:** The Navlight™ Electronic Scoring System will be used for the event. Each team will carry with them two scoring sensors. A briefing concerning the use of this System during the event will be given to competitors before starting. The cost of using the Navlight™ Electronic Scoring System is included in the entry fees.

**Categories:** Standard international rogaining categories will be used for all events except Juniors. Your team will be Women, Men or Mixed AND one of the following:

*Junior\** (each team member to be under 20 years of age on 24 May 2008)

*Open* (at least one team member to be over 20 years of age on 24 May 2008)

*Veteran* (each team member to be 40 years of age or over on 24 May 2004)

*Super veteran* (each team member to be 55 years of age or over on 24 May 2008)

(\*Any team with a member aged under 15 must also have a member aged over 20 and cannot compete in the Junior category).

### **Frequently Asked Questions:**

What is a Rogaine? A rogaine is a challenge of your physical endurance and route choice skills. You visit (on foot) as many controls as you can in a given time. The controls are marked by circles on the map and are on prominent features. The controls are worth different point amounts. You lose points if you return over-time. 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. The team with the highest score at the end of the allocated time is the winner.

Rogaines are usually held in scenic, bush or rural areas, although urban "metro" rogaines are now also commonly held in city surrounds.

Safety: **The Central North Island in May can have cold and wet weather and all competitors should be prepared for this possibility.** 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 undue 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 a:

- good waterproof parka (1 per team member)
- change of warm clothing, a hat and gloves (1 set per team member) and

- compass, whistle, torch and survival blanket (1 set per team member)

It is also recommended that at least 1.5 litres of water and 750gm of high-energy food are carried per team member and a basic first aid kit per team. No official gear checks will be done.

### What Happens on the Day?

You collect your map, control list and sheet of final instructions at least 1 hour ahead of your start time (3 hours ahead for 24-hour competitors). You are then free to plan your route before the start time. There is a briefing 30 minutes before the start.

Control points are prominent features. You prove you have been to each one by "checking" your Navlight™ Electronic Scoring System sensor at each control point. The winners will be those with the best combination of fitness and choice of route. You will be sent complete results and analysis of the most popular controls after the event. One of the nice things about a rogaine is that everyone competes on the same map and finishes at the same time - you can compare your routes. Included in your entry is a social after-event meal, always a highlight of any Rogaine.

Enquiries: The Internet: [www.cdorienteering.co.nz](http://www.cdorienteering.co.nz) (event webpage)

[www.mapsport.co.nz/rog](http://www.mapsport.co.nz/rog)

[www.rogaine.org.nz](http://www.rogaine.org.nz)

[www.sportzhub.com](http://www.sportzhub.com)

Or: Event Planner Lance Eccles at [ecfam@xtra.co.nz](mailto:ecfam@xtra.co.nz)

## Event Calendar

Details of events may change between the publication in this newsletter and the date of the event. Check on club websites. Phone club contacts, if necessary, for confirmation.

### **Auckland (A)**

Secretary: Selwyn Palmer, 625 7798, [selwyn@palmer.gen.nz](mailto:selwyn@palmer.gen.nz)

[www.orienteingauckland.org.nz](http://www.orienteingauckland.org.nz)

### **Counties-Manukau (CM)**

President: Val Robinson, 09 238 6911, [johnandval@clear.net.nz](mailto:johnandval@clear.net.nz)

Secretary: John Powell, 09 238 8159, [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz)

[www.cmoc.co.nz](http://www.cmoc.co.nz)

### **North West (NW)**

President: Andrew Bell, 09 428 4337, [the.bells@xtra.co.nz](mailto:the.bells@xtra.co.nz)

Secretary: Diane Taylor, 834 777, [taylorlorken@xtra.co.nz](mailto:taylorlorken@xtra.co.nz)

[www.nworienteering.org.nz](http://www.nworienteering.org.nz)

## **Auckland Area Events**

### **April**

Wed 2    A        The last event of the Summer Series. Auckland Domain band rotunda, start 5.30 – 6.45pm

Thur 3            Auckland Secondary Schools' Relay, One Tree Hill.

Sun 6    NW        Score 2 and MTBO

Slater Road (remapped) and using areas that have not been used for years. Venue 45 Slater Road off South Head Road, signposted from the Helensville/Parakai roundabout on SH16. 20 minute uphill walk to the start from car park. Maps distributed at 10.50 am and massed start at 11 am, please register early.

A MTBO event follows the score event with some farmland to be used as well as beautiful forest with heaps of tracks. Anyone with any type of mountain bike can have a go and if map-boards are required, which are highly recommended, get in fast to hire one from Di Michels at [dianne@michels.co.nz](mailto:dianne@michels.co.nz). They will run out.

The MTBO event starts at 1.30 so there is plenty of time for lunch and socialising and the Macnut Cafe is close by.

Sun 13 A OY2 Woodhill forest coastal strip, signposted from Restall Road on SH16, start 10.00 – 12.30pm

Sat 19 CM A level event AOA middle distance championships, pre-entry.

Sun 20 CM A level event AOA long distance championships, pre-entry.

### May

Sun 11 NW OY3/Score 3 Woodhill forest, Stag's Roar map, signposted from Restall Rd off SH16, maps distributed at 10.50 am and massed start at 11 am, please register early.

Sun 18 NW OY4/Score 4/Sec School Champs Shank's Pony map off Peak Road between Helensville and Kaukapakapa, start No details available at the time this edition went to the printer. Maps distributed at 10.50 am and massed start at 11 am, please register early.

Tue 20 A Years 7 and 8 interschool championships, Auckland region

## 2008 Auckland Orienteering Calendar (as at Feb 20, 2007)

Date	Club	Event
<b>April</b>		
Sun 6	NW	Score 2
Sun 13	A	OY2
Sat 19–Sun 20	CM	AOA Champs
<b>May</b>		
Sun 11	NW	Score 3/OY3
Frid 16	CM	Franklin primary school champs
Sun 18	NW	OY4/Sec Sch
Tue 20	CM	Counties primary school champs
Sun 25	CM	promotional
Tue 27	A	Y7/8 champs
<b>June</b>		
Sun 8	A	AOA relay
Sun 15	CM	Promotional

Sun 22	A	OY5
<b>July</b>		
Sun 13	CM	OY6
<b>August</b>		
Sat 30–Sun 31	A	Skills training
<b>September</b>		
Sun 14	CM	OY7
Sun 21	NW	OY8
Sun 28	NW	training
<b>October</b>		
Sun 5	A	OY9
Sun 12	A	training
Sat 25–Mon 27	NW	Multi-day
<b>November</b>		
Sat 8 – Sun 9	A	NI Champs

## NZOF Major Fixtures 2008 (Updated 25 February 2008)

Date	Event	Host Club	Venue
<b>April</b>			
12,13	Sth Is Secondary School Champs	Dunedin	OU Campus/Christies Gully
19,20	Auckland Area Championships	Counties Manukau	Waiuku Sth / Maramarua
25-27 (ANZAC)	South Island Championships	PAPO	Leithfield / Flock Hill/ Dalethrpe
<b>May</b>			
2,3	Nth Is Secondary School Champs	Hawkes Bay	Tangoio
18	City Safari	Hutt Valley	Wellington metro
24,25	NZ Rogaining Championships	Rotorua/Taupo	Taupo area
<b>June</b>			
May 31-2	QB 3-Day (WOA Championships)	Red Kiwi	Osgiliath / Raumai Bombing Range

<b>July</b>			
18,19	Silva NZ Sec School Champs	Hamilton	TBC
27	National Ski-O	Dunedin	Waiorau
<b>September</b>			
	nil		
<b>October</b>			
11-12	Canterbury Championships	PAPO	Craigmore / Tekapo
25-27	Labour Weekend Carnival	NW	Woodhill Forest
<b>November</b>			
8,9	TONIC (Sprint, Middle, Long)	Auckland	Woodhill / City tbc
<b>January 2009</b>			
3-12 TBC	Oceania Championships	PAPO	TBC
<b>April 2009</b>			
Easter	NZ Championships	CD clubs	TBC

Note that the North Island Championships – 8,9 Nov, hosted by AOC is a new event.

### Overseas – Major Events 2008

19-20/4	UK champs, Forres	25-30/7	Asian champs, Seoul
24-25/5	Scots champs	3-9/8	Welsh 6 Day
25/5–1/6	European champs, Latvia	29/8–7/9	European Masters Games
28/6–5/7	WMOC, Portugal	1-7/9	WOC MTBO, Ostroda, Poland
29/6-7/7	JWOC, Gothenburg Sweden	20/9-1/10	Australian foot and MTBO champs, Queensland
10–20/7	WOC, Olomouc, Czech	10-12/10	European Youth Champs
21-25/7	Oringen, Sweden		

Note that the **2009 WMOC** is based in Sydney, 10 – 17 October, preceded by the Australian Championships, 26 September – 4 October, at a yet to be announced location in Victoria.

## Counties-Manukau Chit Chat

*By Sjan Wijdeven*

I had been orienteering casually through my Primary School years at Bombay School then, after having started High School 2 years ago, I stepped up to the next league. Under the guidance of John and Val Robinson I joined Pukekohe Orienteering Club through Pukekohe High School, which I attended. We participated in numerous school/club events achieving successful results.

This year I was introduced to setting/planning a course and running my own event for the ever-growing Pukekohe Orienteering Club. I was nervous at the amount of experience I thought needed, but after approximately 3 hours planning and walking the course numerous times prior to the event, my course was completed. John Robinson helped immensely explaining various difficulties that being a newcomer, I was unaware of.

In May we will have teams attending the North Island Secondary School Champs from Pukekohe High School under John Robinson's expertise, which I am proud to be a part of.

The courses we offer range from easy to difficult, ranging from steep, cliff farmland to urban parks and bush. Orienteering is a great sport for the young and old – it maintains your fitness as well as stimulating the brain reading maps. There is no need to be a championship runner to participate as we have casual members who are happy walking a course each week.

If you orienteer already – awesome – stick with it, you'll love the challenges.  
If you don't – try it – it truly is one of the great sports you can do.

## Auckland Chatter

Hi All

Many of you may have just returned from Masterton over the long Easter Weekend where the 2008 Nationals were held. Auckland Club had some strong performances with Pete Swanson the new M40A champ in both Middle and Long and Toby Scott taking out M18A in the Long. Well done guys with some other victories and podiums in the age grades and also to everyone else who was in attendance.

Again we have some new members to welcome to the club this month. Jan Zazgornik is an elite orienteer from Austria who has joined AOC for his time in NZ. We hope you will enjoy your stay Jan. Other new members to welcome are Sharina Xu, Lisa Cudby and Karen Hally. We are always pleased to see new members at club social events and hope some of you might come along to one.

The Summer Series is wrapping up for another year with the final event on Wednesday 2 April in the Domain, starting from the Band Rotunda. That means forest events will be getting into full swing once again. It would be greatly appreciated if club members could volunteer their services for just one event, maybe helping with set-up or pack down, or for the more adventurous of you, we are always looking to

train new setters and controllers.

Auckland Champs is also on the horizon, being held on the 18th and 19th of April by CMOG. Entries have just closed but give them a bell if you would still like to get your name in.

A last reminder that subs for this year are due and it would be really helpful if the last few outstanding memberships could be sorted ASAP. We are always on the look-out for new club members too so if you have family or friends who are interested in our great sport let them know now is a great time to join.

By the time of print you should also have received an email about club social functions coming up. There is a Ten Pin Bowling evening planned for April 17th, the Friday of Auckland Champs. Costs will be partly subsidized by the club so get the family along for a night of fun!

All welcome at the next club meetings:  
Monday 7 April, 7.30pm, Selwyn Palmer's, 5 Aramutu Rd, Hillsborough  
Monday 5 May, 7.30pm, Pete Swanson's, 18A Ballin St, Ellerslie

Simon Jager, Club Captain

## North-West News

*By Lesley Stone*

Congratulations to Gene Beveridge and Matthew Ogden who have been selected in the New Zealand Development squad. What a great reward for all your hard work.

Best wishes to Janice Little who is leaving Auckland for the wilds of Matata. Look out for earthquakes and floods Janice and we hope to see you at some future events.

Debbie Beveridge has kindly volunteered to hold the club's gear for us. This is a responsible job and I am sure everyone will make Deb's task easier by looking after the equipment.

Rob Garden and Marquita Gelderman have finally sold their MacNut business and now have time to pursue all their leisure activities. Watch out everyone – a Rob Garden on the loose and brimming with ideas could be hard to contain!!!

Best wishes to Judy Martin who is recovering from recent back surgery. Carey tells me she is out and about walking to build up strength again.

Great news from the New Zealand Champs in Masterton. The North West team of Thomas Reynolds, Phillippa Poole and Mark Lawson won the Mixed Long Relay race ahead of two Hawkes Bay teams who

have dominated this event for the last three years. A well deserved result after coming so close on previous occasions and astute team selection from Mark.

There weren't the usual number of club members at this year's Nationals but those who were there did very well. On steep, unstable footing reminiscent of Weiti the races were a test of strength as much as orienteering skills. Congratulations to Geoff Mead and Lisbeth Hornell who placed in all three of their races.

Podium finishers were –

Sprint:

- 1<sup>st</sup> Phillippa Poole, Lisbeth Hornell, Thomas Reynolds
- 2<sup>nd</sup> Ben Reynolds, Geoff Mead
- 3<sup>rd</sup> Anna Gray, Lisa Mead

Middle:

- 1<sup>st</sup> Geoff Mead
- 2<sup>nd</sup> Phillippa Poole, Glen Middleton, Ben Reynolds
- 3<sup>rd</sup> Katherine Reynolds, Lisbeth Hornell, Mary Moen, Mark Lawson, Paul Ireland

Long:

- 2<sup>nd</sup> Lisa Mead, Greg Flynn, Paul Ireland
- 3<sup>rd</sup> Katherine Reynolds, Lisbeth Hornell, Glen Middleton, Nic Mead, Ben Reynolds, Geoff Mead, Dave Middleton

### ***Horoscopes***

#### **Taurus**

April 21 – May 21

You have been low at times, which is why you can tell the difference between a depression and a pit.

Things are looking up for you now, however.

Lucky control: top of knoll.

#### **Aries**

March 21 – April 20

You come upon a stroke of sheer luck, or a sheer stroke of luck, or something sheer anyway, in reaching your goal. Do not hesitate. I hope you took that rock-climbing course you always meant to do.

Lucky control feature: impassable cliff.

### **Contour exercise answers**

If you follow a contour line around you return to where you began.

Q1: F, A, A, I, B, B, D, H

Q2: 1 rise, 2 rise, 3 fall, 4 rise, 5 fall, 6 fall, 7 fall, 8 fall, 9 fall, 10 rise

Q3: 25 climb, 15 climb and 5 fall, 10 fall, 20 fall, 15 climb and 25 fall

L is the control

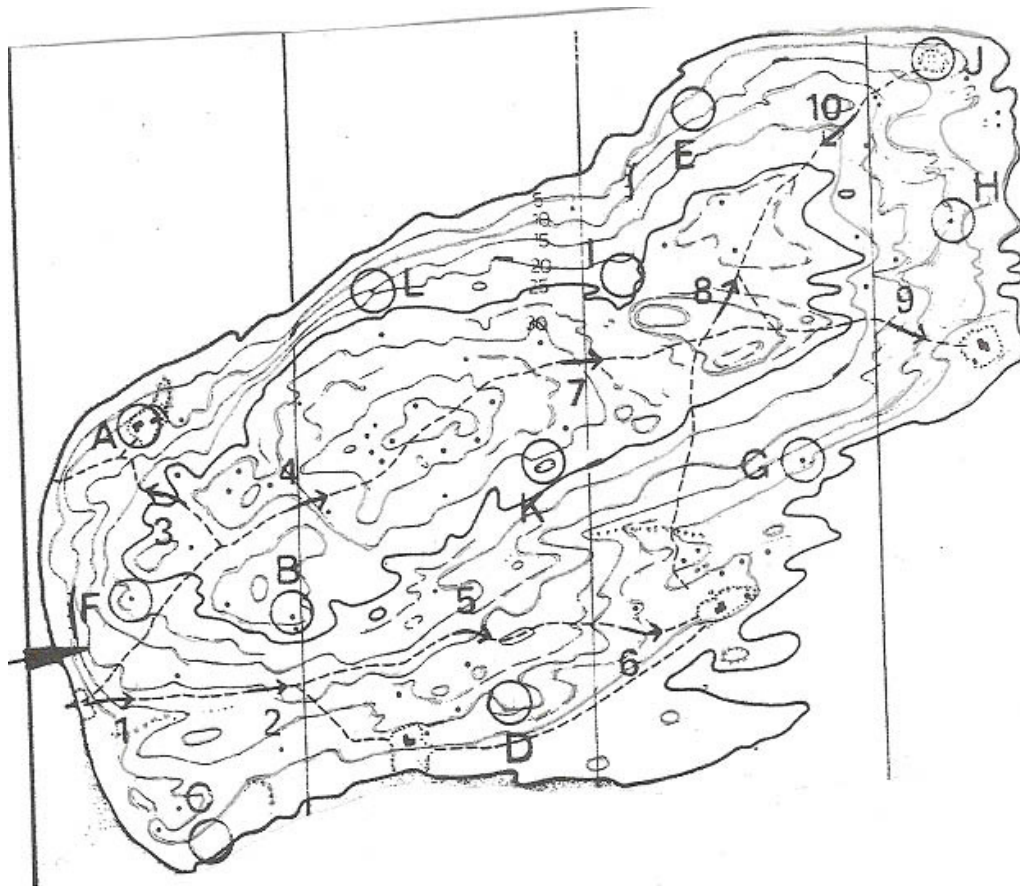
#### **Farm/forest access roads:**

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.

**Contour lines exercise**

Source – MapSport Summer 1992/3

The following graphic is a contour map of an island. Imagine that the water rises several times by five metres each time. Each time there is a new coastline. These imaginary coastlines are drawn as contour lines. The 15 metre contour line is indicated by the arrow. Follow the contour line around the island. Where do you end up? Answers above.



Question 1

Some of the features have mapped control circles. Which control is the higher in each case below?

- (a) A or F (b) A or E (c) A or G (d) D, L or I (e) B or K (f) B or I (g) D or G (h) E, H or J

Question 2

There are numbered direction arrows drawn on the map. State whether the land is falling or rising in the direction of each arrow.

Question 3

What is the metre climb or fall (to the nearest 5m) in going:

- (a) from H to the hill to the West of arrow 8?
- (b) from H to K
- (c) from F to A
- (d) from B to D
- (e) in a direct line from F to G

Which control has the steepest climb from the coast?

## Tactics of Mistakes – Part 2

*By Bill Teahan in MapSport and lightly edited for this newsletter. The first part of this article was published last month – ed.*

A detailed post-mortem design follows to find out the *real* reasons of why a mistake was made. It's separated into two parts – an Event Post Mortem and a Mistake Post Mortem. After every event, fill out the Event Post Mortem once and fill out the Mistake Post Mortem as many times as you made mistakes.

Compile a record of all the mistakes you've made. Look for recurring problems and keep them in mind at your next orienteering event.

### **Event Post Mortem** (*Answer these questions once for each event*)

#### What Event?

- Event name
- Type of event [relay, short course, individual]
- Course
- Grade
- Name of map
- Type of vegetation[s] where most of course was set [*forest, bush, farmland, varied*]
- Type of terrain[s] where course was set [*sand-dune, gully-spur, erosion-gully, granite*]

#### What Result?

- Time
- Place
- Winner's time
- Estimate of overall time lost
- How many mistakes?
- 

#### **Mistakes Post- Mortem:**

*Answer these questions once for every mistake you made during the event, including route choice errors and mistakes made when trying to correct another mistake)*

#### **What caused the mistake?**

The real reason please: be specific – got lost, running too fast, could not concentrate are not specific enough.

#### Major causes?

*(drifted from compass bearing. Overshot control, could not read map, followed someone else then got lost, could not understand map near the control, too tired, parallel feature nearby, distracted by someone else, failed to notice important feature on the way to the control, ignored important feature leaving the control, failed to check direction when leaving control, just kept running in direction of control then got lost, had no plan of attack.....)*

#### Minor or secondary causes?

#### **If you missed important features:**

- where did you miss them? [*at start, middle or end of leg*]
- what were the feature[s] you missed?
- why did you miss them?

#### **What was the plan?**

- What technique or plan did you have in mind? (None, compass bearing, aim off to collecting

feature, use linear handrail, use contour handrail, navigate from one major feature to another, pace count, follow someone, careful map reading).

- Was the technique you used: safer, quicker, less physical?
- In hindsight, if you think there was a better technique, what was it, and why?

#### **Where was the mistake made?**

- Where on leg? (leaving the control, near to the control,  $\frac{1}{4}$  or  $\frac{1}{2}$  or  $\frac{3}{4}$  way into the leg)
- Type of vegetation where mistakes were made? (forest, farmland, bush)
- Type of terrain where mistakes were made (sand-dune, gully-spur, erosion gully, granite)
- Type of map (vague contours, simple features, intricate contour detail, steep, intricate rock detail, major hand-rails intersecting at right angles)

#### **What feature?**

- What was the feature you were aiming for? [*knoll, large hill, track, track bend/junction, clearings, major spur/gully, stream, stream bend/junction, depression*]
- What kind of feature was it? [*attack point, the control site, collecting feature, large mid-way feature*]

#### **When was the mistake made?**

- What control were you going to? (eg. 6<sup>th</sup>)
- How many controls on the course?

Approximately, for how many minutes had you been running

How many previous mistakes had you made?

Approximately how many minutes did you lose?

Was there anything significant happening before the mistake was made? (Steep climb/downhill beforehand, change in vegetation, distracted by other people...).

#### **Which way did you go?**

- How many different routes would you say there were?
- Which one did you *choose*? [*straight, to the left, to the right, crooked?*] How many times did you end up crossing the direct line?
- Did you miss seeing an important feature[s] which would have changed your route choice?
- Did you miss seeing a viable route choice?
- Did you miss seeing an important feature[s] which would have changed your route choice?
- Did you change route choice mid-stream? Why?
- Would you say your route was: fastest, riskiest, least physical?
- Did you bother to really sort out your route before you left the control or did you just keep going straight and decided later on?

#### **What type of leg was it?**

- Length of leg (long, medium, short)
- Technical difficulty (hard, medium, easy)

#### **How did you relocate?**

- What method[s] did you use to correct the mistake? [*grid search, aimless search, just kept going, returned to last known major feature, compass bearing to nearest major collecting feature, stopped and figured out where you were, asked someone else where you were, followed someone else, other*]
- Was your method successful or did it lead to another mistake?

Compile a record of all the mistakes you've made. Look for recurring problems and keep them in mind at your next orienteering event.



**Sender:**

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The  
Auckland  
Orienteer

