

NORTH WEST ORIENTEERING CLUB INC

Handbook 2010

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NORTH WEST ORIENTEERING CLUB INC (NWOC)

NWOC is an incorporated society.

The main aims of the club are:

- To promote, encourage and develop the sport of orienteering in North and West Auckland.
- To maintain appropriate links with the Auckland Orienteering Association (AOA) and the New Zealand Orienteering Federation (NZOF).
- To organise orienteering events within the Auckland Region, and within other geographical areas after consultation with other orienteering clubs or regional orienteering associations.
- To ensure that orienteering events organised by the Club follow such rules of competition as published by the NZOF.
- To encourage, support and train members for the sport of orienteering.
- To raise funds in any lawful manner and to apply these funds to the furtherance of orienteering and Orienteers.

WHAT IS ORIENTEERING?

Orienteering is a sport that involves using specially drawn maps and sometimes a compass to navigate around a preset course.

It may be competitive, or it may be treated as a pleasant recreation; it all depends what you want to make of it.

All ages are catered for, so this makes it an ideal family sport.

Special equipment is not necessary; simply wear shoes suitable for walking or running.

The basic activity is to find your way to a number of control points, marked on your map with numbered circles, and on the ground by a flag with an attached clipper. You prove you have been there either by using the clipper on a card that you carry, and hand in at the finish or by using a SPORTident control and e-card. The SPORTident control has an electronic device on top that accepts the competitor's e-card. The e-card records that the competitor has visited the control and the time taken to navigate to the control. At the finish the information held by the e-card is downloaded and a record of split times between controls points maybe printed out.

Courses of different length and navigational difficulty are offered at each event so you can choose one that suits your skill and fitness level. Juniors usually take about 30 minutes, while the top competitors choose a course that takes 60-90 minutes.

If you need help to get started there will be someone at the event who will assist you.

For details of events and results refer to the North West club
website at

www.nworienteering.org.nz

Results will be emailed to you if you advise registration of your email address or posted if you self address an envelope at each event and leave it at registration.

A 2008 calendar of events is at the back of this booklet. Please confirm the date and venue closer to the event date by looking on our website or contacting a member of the committee.

THE NORTH WEST COMMITTEE 2010

President	Phillippa Poole	445 4306	p.poole@xtra.co.nz
Secretary	Diane Taylor	834 8094	taylorken@xtra.co.nz
Treasurer	Megan Officer	418 0818	megan.officer@oxygenforbusiness.com
Club Captain	Rob Garden	(09) 420 2849	rg&mg@xtra.co.nz
Committee	Mike Beveridge	412 9275	beaver_isle@ihug.co.nz
Members	Debbie Beveridge	412 9275	beaver_isle@ihug.co.nz
	Nick Harris	815 8515	northcotenick@gmail.com
	Mark Lawson	(09) 420 5010	markelawson@hotmail.com

Please send any correspondence to: The Secretary, 42 Totara Road, Te Atatu Peninsula or email to nwocnz@hotmail.com

SUBSCRIPTIONS

(see the back cover for a membership form)

Your subscription gives you

- Subscription to NZ Orienteering – 4 issues per year
- Reduced event fees at OY events
- NZOF affiliation, which is necessary to compete at Championship events
- Invitation to social events during the year
- Subsidised coaching sessions

EVENT FEES

for events organised by NWOC. Other clubs' event fees may vary from this.

Type of Event	Members			Non Members		
	Snr	Jnr/65+	Family	Snr	Jnr/65+	Family
Forest Series	\$10	\$6	\$20	\$15	\$8	\$30
OY	\$15	\$8	\$30	\$20	\$10	\$40
Training	\$5	\$3		\$5	\$3	
MTBO	\$20	\$10		\$20	\$10	
Park Series	\$5	\$3	\$10	\$7	\$4	\$14
Score Event	\$8	\$5	\$21	\$10	\$7	\$25

*At events where SPORTident timing is used those without their own e-card will be required to hire one at a cost of \$3. The cost of purchase and replacement if lost is \$65 (approx)

TYPES OF EVENTS

Score orienteering. Each control has a point value. You try to accumulate the highest points score within a given time. Penalty points apply for time in excess of the maximum.

Rogaine. Participants travel on foot or by bike, navigating by map and compass. Checkpoints may be visited in any order, with checkpoints being allocated differing points. The highest score wins. Participants may return to the event centre as many times as they like and do not have to stay out for the entire time allowed. Penalty points are deducted from the overall score for a late return.

Relay orienteering. Usually with teams of three or five. All runners may start at the same time or second and subsequent runners may start on the return of the previous runner. There may be slightly different courses to discourage following.

Night orienteering. You are allowed a torch. The controls are near features that you can find in the dark and they are usually marked with reflector tape.

Short Course orienteering. Courses are shorter and faster. The senior courses may take about 30 minutes.

Mountain Bike Orienteering – using a special MTBO map the competitor uses the track information to find the best way to get from control to control. All control points are on tracks.

Forest Series events have a selection of standard courses ranging from white to red difficulty.

TYPES OF COURSES

Courses are graded by technical difficulty.

White - is the easiest and will follow 'handrails' (tracks, fences, streams etc.) A control will be placed at every decision point (e.g. a turning point, a track junction, or a change in type of feature e.g. from following a track to following a stream.) All controls are readily visible from the approach side. The use of a compass is only needed occasionally to orientate the map.

Usual for grades: M/W-12, M/W-14B

Yellow – Control sites are on or near drawn linear features (tracks, fences, streams etc.) There is the opportunity to follow handrails or to cut across country. Controls are visible from the approach side of any reasonable route.

Usual for grades: M/W-14A, M/W-16B, adult C classes

Orange – courses have route choice and controls near prominent features or catching features less than 100 metres beyond the control site. Controls are not necessarily visible from the attack point. Simple navigation by contours and some compass work.

Usual for grades: M/W-16A, M/W-20B, adult B classes

Red – navigation is as difficult as possible. Preferred control sites are small features with no prominent features nearby. Most legs have route choices available.

Usual for grades: M/W-18A and above

Events always have a range of courses. If you need advice please ask at registration. Club members are always willing to give some coaching. Unless you wish to be competitive, you may go with a friend or in a larger group. In this case, mark the grade on your clipcard as 'group' or 'unofficial'

SOCIAL EVENTS

From time to time social events are held, such as a dinner or evening gatherings, and these are advertised on the club website.

CLUB O-TOPS AND ORIENTEERING GEAR

Our club colours are white, black and maroon. If you wish to buy a North West O top please contact Diane Taylor on 834 8094. A photo of these eye catching tops is on our website.

Other O Suits – Unni Lewis Phone (09) 534 5625 makes O Suits

The Mapsport Shop - for compasses, shoes, gaiters, etc Go to www.mapsport.co.nz or contact Michael Wood, 5 Atahu Rd, Lower Hutt. Phone (04) 566 2645

SPORTident e-cards are available from Rolf Wagner (rolf@cnacomputers.co.nz) or the Mapsport Shop.

COMPETITION

Forest Series

Starts are available at 2 minute intervals. There will be a white, a yellow and an orange course and 3 red courses of different lengths.

Rogaine Series

There are 30+ controls put out in the forest/farmland.

Controls are assigned a number of points depending on the difficulty to locate and distance from the start.

Maps are handed out and 15 minutes is allowed to study map and select a route, then there is a mass start. Competitors decide which controls they are going to visit and in what order. Those returning after more than 90 minutes (or time set for the event) lose points for each minute or part minute they are over time

Orienteer of the Year (OY Series)

This is an annual competition run in association with the other Auckland clubs. It is open to all financial members. Non-members may run in the events but they will not be included in the OY competition. Courses offered are red x 4, orange x 2, yellow and white.

There are nine events during the year that are designated as OY's and in these competitors earn points based on the course chosen and their time. The best six performances of each competitor are counted to determine the orienteer of the year in each grade.

Grades are based on the age at 31 December in the current year.

The rules will be published on the website prior to the start of the series.

Club, Area and National Championships

NWOC Club Champions are determined by a single event, usually at an OY run by another Auckland club. This allows all our members to compete. As well as the age group trophies there are trophies for the Most Improved Junior, Senior and Newcomer, Best Contribution by a Club Member and the Most Outstanding Performance during that year. Prizes are traditionally awarded at the annual NWOC Club dinner held at the end of the year.

Auckland Champions and New Zealand Champions are each decided at an annual event, held by clubs in rotation. Any club member may enter these events and there is a full range of grades including B grades. Other areas have championship events that you may enter but you may not be eligible to win a trophy.

Short-O Events

These events may consist of two races in the same day - both of which count or there may be a single short race. The courses are shorter than normal and therefore times are faster. The senior courses may take 20 - 30 mins to complete.

Sometimes the results of the morning race decide the start order of the afternoon race with the fastest on each course to start last. There is an Auckland Short-O Championship and also a National Short-O Championship.

National Badge Award Scheme

The National Badge Award scheme provides a means to work towards a target in your grade. Within certain major events, competitors are given credits towards a badge according to the closeness to the winner's time. The events include all Area NZ Championships and most multi-day events held on the long weekends. Gold is within 12.5% of the average time of the first two place getters. (A grade only) Silver is within 25% (12.5% in B grade). Bronze is within 37.5% (25% in B grade). Iron is for all finishers.

When you have three credits at or above a certain colour within a 2-year period you are entitled to the appropriate badge. Contact the NZOF Badge Statistician to claim badges.

HEALTH AND SAFETY POLICY

The North West Orienteering Club Incorporated is committed to providing a safe and enjoyable environment to all participants and every orienteering event.

Club Responsibility

To ensure all participants are aware of any significant hazards that they can be expected to encounter while taking part in an orienteering event. (A hazard identification notice will be displayed by the registration trailer at each event.)

To have procedures in place that can be followed in the case of injury and illness. (An emergency procedure notice will be displayed by the registration trailer at each event.)

To have procedures in place that can be followed in the case of a participant becoming lost or missing. (A search and rescue procedure notice will be displayed in the registration trailer at each event.)

To ensure all Organisers and Controllers are aware of the above procedures.

Participant's Responsibility

To read all notices concerning the special hazards that may be associated with the event.

To obey all instructions and warnings.

To keep clear of any plant and equipment.

To keep clear of any unauthorised areas or buildings.

To avoid disturbing livestock and to keep away from work activities.

To ensure children do not wander unsupervised.

To carry a whistle.

To notify the organisers of any health problems e.g. diabetes, asthma, angina etc. that may affect your ability to compete in safety.

Landowners' responsibility

Landowners are not responsible for the natural hazards and risks associated with orienteering and attendant activities.

SAFETY PRECAUTIONS

Always choose a course suitable for your ability. Be prepared to abandon a course if you are taking too long - 2 hours maximum unless you are very confident. Be aware of the course closure time, as controls will be collected then.

If you abandon a course, you must ALWAYS hand your card in or punch the finish control and download your e-card if SPORTident is being used. This will avoid a needless search being mounted for you.

You should always carry a whistle. A whistle blown in series of short blasts is the orienteering distress signal, and will bring help. Use it if you are hurt, or are hopelessly lost. If you hear a whistle, clearly someone is in trouble, and helping him or her is more important than the competition.

If you are lost, but still mobile, don't immediately blow your whistle, but stop and listen for other orienteers. A safety bearing is usually published in the event handbook of major events, please make a note of it.

Orienteering events are often held on private property and subsequent access depends on common sense, consideration and a few basic rules.

NO DOGS. Even though there may not always be stock, it is helpful when negotiating for use of an area to be able to say we will never bring any dogs.

NO SMOKING. Our events usually take place in forested areas. Due to the danger of fire we ask that competitors and visitors refrain from smoking. No smoking is a condition of our licence agreement with Carter Holt Harvey.

CARE OF FENCES. Fences are expensive and you should use a gate if feasible (hinge end) or at least cross fences at a main post, not at a batten. If you cause any damage please notify the Event Co-ordinator.

PARKING. There may be public or farm traffic, and there will be anything up to 200 orienteers' cars. Park close to the car in front of you to minimise walking to the start, and on narrow roads park on one side only, especially in Woodhill Forest

RUNNING AN EVENT

You will be asked to help at events during the year. If you volunteer you get to choose which events to help at. The Club Captain is responsible for the overall event management. The course planner and controller to provide the courses and on the day help is organised by an Event Co-ordinator. This person contacts club members to organise the helpers roster on for the day.

CLUB LIBRARY

NWOC has a large number of books on all aspects of orienteering, these are held by our club librarian, Mark Lawson. Refer to the book list below and contact Mark if you wish to borrow one. These may be borrowed from the library. The books are there to be borrowed, please make use of them.

CLUB LIBRARY BOOKS

Beginners

Orienteering by Peter Wilson for NZ Mountain Safety

Orienteering for the Young by Peter Palmer

Map & Compass Fundamentals Orienteering by Toy Martin & Dave Lotty

Orienteering Guidebook for Teachers/students (NZ 1980)

Medium - Advanced

This is Orienteering by Jim Rand & Tony Walker

Orienteering (Know the Game) by the Scottish Orienteering Association

Orienteering by John Disley (x2)

The Orienteering Book by Steve Andresen (x3)

Be Expert with Map & Compass by Bjorn Kjellstron

Orienteering for Sport & Pleasure by Hans Bengtsson & George Atkinson (1997)

Orienteering Aid to Training by J R Chapman

Orienteering by Brian Porteous

Orienteering - Training & Coaching by British Orienteering Federation

Orienteering Outdoor Education

Orienteering - NZ Mountain Safety Council by Peter Wilson

Orienteering for Fitness & Pleasure by Norman Harris (1978)

Technical

Course Planning by B.O.F. (1972)

Course Planning

Mapmaking for Orienteers by Robin Harvey

Drawing Specs for IOF. Maps by IOF.

NZOF Rules for Orienteering Events

Other topics

World Class Orienteering edited by Wilfred Holloway

Circular Orienteering by Gerald Vinestock

Orienteering for Fitness Pleasure

Of Course you can be a Club Secretary by H Quinn

Run the Lydiard Way by Arthur Lydiard

The Complete Book of Running by James Fixx

Athletic Medicine by Dr George Sheehan

Eat to Compete by Jenny Pearce

Classic New Zealand Adventures (land, water, bike, ski) by J Kennett & J Mulheroo

Sports Nutrition for Increased Performance (for athletes and coaches)

Promote your Sport by Bill Francis (x2)

The Power to Perform (training & racing for endurance athletes) by Ackland & Reid

- lots of magazines from Britain, Australia and USA
- lots of maps from OY's etc.

Videos

The Club holds a selection of orienteering videos.

ORIENTEERING ON THE INTERNET

NWOC site – <http://www.nworienteering.org.nz> with links to other sites.

New Zealand Orienteering site - <http://www.nzorienteering.com> also with links to other sites.

Mountain Bike Orienteering - <http://www.mapsport.co.nz/mtbo/mtboinfo.html>

Maptalk – discussion forums and National calendar of events <http://www.maptalk.co.nz>

Sport Ident Event Results - <http://www.obasen.nu/winsplits/online/en/default.asp?ct=true>

Route Gadget - <http://www.routechoice.co.nz/>

COACHING

From time to time training days are held. These are advertised in the calendar of events or on the website. If you would like one on one coaching please contact one of the committee. Our more experienced orienteers would be happy to assist you to get the most from the sport.

SOME OF THE ORIENTEERING MAPS OF THE AUCKLAND REGION

2010 AUCKLAND ORIENTEERING EVENTS CALENDAR

Date	Club	Event	Map	Notes
21 Mar	NWOC	Summer Forest & Farm	Shakespear Reserve	10-12.30 starts
28 Mar	CMOC	OY1	Huriwai, Port Waikato	10-12.30 starts
2-5 Apr	DOC	Nationals (Easter)	Central Otago	Pre entry required
24 April	NWOC	MTBO Rogaine 1	Riverhead Forest	Registration 9.30 to 10.30 Start 11am, duration 90 minutes
25 Apr	NWOC	Rogaine 1	Pulpit Rock	Registration 9.30 to 10.30 Start 11am, duration 90 minutes
2 May	CMOC	Promotional event	Harkers Reserve, Onewhero	110-12.30 starts
9 May	NWOC	Rogaine 2	Turkey Ridge	Registration 9.30 to 10.30 Start 11am, duration 90 minutes
11 May	NWOC	Year 7&8 Secondary Schools Interzone Champs		
16 May	NWOC	Rogaine 3	Slater Rd	Registration 9.30 to 10.30 Start 11am, duration 90 minutes
16 May	NWOC	MTBO Rogaine 2	Slater Rd	Registration 1.00 to 2.00 Start 2.30pm, duration 90 minutes
18 May	CMOC	Auckland Secondary Schools champs		
23 May	CMOC	Promotional event	Waiuku North	
30 May	NWOC	Rogaine 4	Hedley Rd	Registration 9.30 to 10.30 Start 11am, duration 90 minutes
5-7 Jun	AOA	Auckland Orienteering Carnival (Queens Birthday)	Woodhill and Plantation	See NWOC website for this event's website
27 Jun	AOC	OY2	Woodhill	10-12.30 starts
4 Jul	CMOC	Promotional Event	Waiuku North	
11 Jul	AOC	OY3	Woodhill	10-12.30 starts
16 Jul	NWOC	NZ Secondary School champs	Stags Roar/Spaghetti Soup	
17 Jul	NWOC	Auckland Relays	Stags Roar/Spaghetti Soup	
18 Jul	NWOC	OY4	Stags Roar/Spaghetti Soup	10-12.30 starts
8 Aug	AOC	OY5	Woodhill	10-12.30 starts
15 Aug	CMOC	Auckland Champs 1	Rogaine Waiuku	
22 Aug	NWOC	OY6	Whites Line/Spaghetti Soup	10-12.30 starts
29 Aug	AOC	Auckland Champs 2	Rogaine	
5 Sep	CMOC	OY7	Waiuku South	10-12.30 starts
11-12 Sep	AOC	Training	Woodhill	
3 Oct	NWOC	OY8	White Lightning	10-12.30 starts
8-10 Oct	AOC	Auckland Champs + TONIC	pre entry	
17 Oct	CMOC	Promotional Event	Omana	

These events dates and times were current at the time of print however are subject to change, please check on our web page for final confirmation of these details or call club Secretaries:

In addition to the above events, weekly park events will start in November. These will be held in various parks around Auckland on a weekday evening and continue until March.

How to enter an event - Except for pre- entry events, just turn up and be ready to start during the advertised start time. Ask for assistance at registration if you need help.

For information on map locations, start times, travel directions etc - - -

go to <http://www.nworienteering.org.nz> or

contact Diane Taylor 834 8094 (North West [NWOC]) or Phillippa Poole 445 4306 (North West [NWOC])

Val Robinson (Counties-Manukau [CMOC]) (09) 238 691 or Selwyn Palmer (Auckland [AOC]) 625 7798

TRAVEL DIRECTIONS

These directions are only a general guide. Please CHECK OUR WEBSITE, THE AUCKLAND MAGAZINE OR call ONE OF THE COMMITTEE for confirmation of TRAVEL Details
 START TIMES USUALLY ARE 10 AM TO 12:30 PM. ROGAINE SERIES EVENTS USUALLY START AT 11.00AM

Map

Travel Information

Beautiful Hills	via SH 16 to Carter Holt Harvey forest headquarters, which is north of Waimauku. Signposted from the Forest HQ turnoff into Restall Road
Clay Pit Road	via SH 16 to Carter Holt Harvey forest headquarters, which is north of Waimauku. Signposted from the Forest HQ turnoff into Restall Road
Deaks Head	SH 16 Signposted from Rimmers Rd, south of Helensville.
Duders	South of Maraetai on the east coast
Goblin Country	via SH 16 to Carter Holt Harvey forest headquarters, which is north of Waimauku. Signposted from the Forest HQ turnoff into Restall Road
Huriwai	Signposted from Port Waikato west of Tuakau
Kaipara Knolls (Knobbly Knees)	as far up as Woodhill Forest goes. SH 16, signposted from Parakai
Matakawau	Top of Waiuku peninsula, signposted from road Waiuku
Muriwai	SH 16 towards Helensville, signposted from Waimauku, turn off to Muriwai.
Otakanini Topu	SH 16, Signposted from Rimmers Rd
Pollock	about half way up the Waiuku peninsula, signposted from Waiuku
Pulpit Rock	Access via Muriwai
Slater Road	20 – 35 minutes north of the Parakai roundabout
Spaghetti Soup	via SH 16 to Carter Holt Harvey forest headquarters, which is north of Waimauku. Signposted from the Forest HQ turnoff into Restall Road
Stags Roar	via SH 16 to Carter Holt Harvey forest headquarters, which is north of Waimauku. Signposted from the Forest HQ turnoff into Restall Road
Stillwater	East Coast Rd, between Silverdale and Okura
Turkey Ridge	SH 16 signposted from Rimmers road 2 kms south of Helensville
Waiuku Forest	Sign posted from Waiuku
Weiti (Beez Kneez)/Stillwater	East Coast Rd, between Silverdale and Okura
Whiriwhiri	Sign posted from Waiuku
Whose Game	via SH 16 to Carter Holt Harvey forest headquarters, which is north of Waimauku. Signposted from the Forest HQ turnoff into Restall Road
Wilson Road	20 minutes north of the Parakai roundabout
Woody Pot	via SH 16 to Carter Holt Harvey forest headquarters, which is north of Waimauku. Signposted from the Forest HQ turnoff into Restall Road
Wounded Knee	SH16 signposted from Parakai - Shelley Bay. Turn into Trig Road

NORTH WEST ORIENTEERING CLUB Inc

2010 Membership Form (to 31/12/10)

	Total Fee
	\$
Junior (20 & under / over 10) & Students	40
Senior (21 & over)	60
Partners or couples with no children	100
Family (2 seniors + juniors 10 or over)	120
**School / Institution (excludes NZOF affiliation)	60
Ages as at 31 December 2010	Payment & method -Cheque or cash / Paid Direct \$ _____

Last Name	First Name	Year of Birth	Occupation

Address _____	Send to	Megan Officer
_____		18 Felstead Street
_____		Birkenhead
Email _____		North Shore City 0626
Phone _____		Ph (09) 418 0818
PLEASE READ & SIGN BELOW		Email megan.officer@oxygenforbusiness.com

Send your personal details to the email address above & make direct payment to: WESTPAC Account 03-0243-0247251-000 and **PLEASE** include your name in the reference field. (preferred method) **OR** mail your cheque and this form to the address above

Privacy Act 1993.

I/We consent to the collection of the above details on this form, by the North West Orienteering Club Inc, for the purpose of: affiliation details forwarded to the federation; club membership lists; sending members information by the club and federation; publishing names of all event results in club newsletters, in the media and NZ Orienteering; publishing club secretaries name address and phone number in the NZ Orienteering magazine and to notify other affiliated clubs and federation; selecting and publishing names of squads, training camp attendees, teams; honour members in newsletters, NZ Orienteering and the media and, to retain, use and disclose these to regional / national associations, funding agencies (NZ Sports Foundation & SPARC), NZ Drug Agency and sponsors.

Please note that the above purposes apply to ALL events you may enter locally or outside your area. You should take steps to ensure that other clubs are aware of any non-consents you have expressed.

I/We acknowledge my right to access and correction of this information. This consent is given in accordance with the Privacy Act 1993.

[Individual or Family Consent]

Signed: _____ Dated: _____

Membership entitles a member to – compete at events in NZ and overseas at members rates, compete at championship events (**school membership excluded), subscription to the Auckland orienteering newsletter, subscription to "NZ Orienteering" magazine.