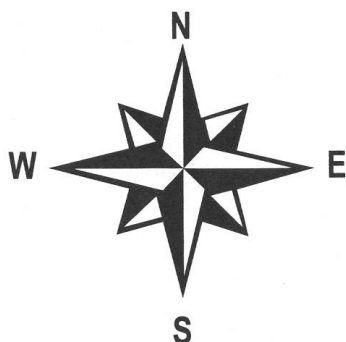


SEPTEMBER – OCTOBER 2004

COMPASS POINTS



*Compass Points is the bimonthly magazine of the
Hawke's Bay Orienteering Club Incorporated*

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EDITORIAL

Next Easter our club is hosting the National Orienteering Championships (*see Entry Form and other information in this edition of the magazine*). For those of you who are new to the sport this can sound a bit intimidating and you may consider you are not yet experienced or good enough to compete. If you do think this you are wrong! Ours is a sport that provides for competitors of all abilities and this is as true at the Nationals as it is at club events.

Ask advice of experienced club members as to which grades would suit you best and join us for four days of fun on our exciting new maps at Te Aute, Whanawhana and the wider Smedley area. I can't wait myself.

PRESIDENTS REPORT

Well the end of year is in sight but there seems to be no let up in the amount of orienteering to be had. The Club scene has moved into the finish of the OY series, to find our most consistent orienteers, and the Club Champs.

Unfortunately at this time of the year the calendar tends to get very cluttered with area champs, OYs, WOA OYs, Australian Carnival and Club Champs. This year has been made very difficult with WOA shifting an OY, Auckland shifting their Champs and us being unable to get onto the "Arborfield" map when we intended. This has meant some club members have had to make choices as to which events to attend. I apologise to these club members who want to do everything but our first commitment must always be to our club members and our calendar.

Amber, Jack and Cara have returned from a very successful Australian trip with the NZ Orienteering team. They have had a number of good results and should be congratulated on their efforts. Special mention should also be made of Derek Morrison who managed the Secondary School team. Well done !!

Looking forward, we have the fun Christmas event later in November and the AGM Prizegiving early in December. The Prizegiving night is a gathering I encourage all club members to consider attending. The AGM is only a small part of the evening and you don't automatically get voted onto the committee although it is nice to have new people willing to put their names forward.

Looking further ahead to the Nationals next year we would like to see every club member out orienteering over this event. It is a great opportunity to take part in a National event and it doesn't matter how good you are as there are courses to cater for everyone just like our own club days. The events are on our maps which means we can travel from home and use our local knowledge. You will also be able to experience Sportident (electronic punching).

Anyway that's all from me.

Hamish.

COMMITTEE NEWS

- 1 Remember to book in for this years AGM. Dec 10th at the Community centre in Havelock North . See more information later in this newsletter. Phone Ruth with your reservation. 8776404
- 2 Yes, the start and finish clocks are misbehaving Graeme Barrett is trying to get to the bottom of this. Please be patient.
- 3 A new Kiwisport booklet on orienteering, aimed at new participants and teachers, is available through the club (and on the web). This has been produced by NZOF.
- 4 We have forwarded several applications for funding for the large amount of mapping photogrammetry, feildwork and OCADing costs required for the Nationals events next year.
- 5 The committee has supported the proposal that we have sport ident at the Nationals 2005. This will mean a large number of our control standards in storage (some 250) will be converted to carry the base plates that support the electronic units. There will be a working bee coming up to get these put together. Watch this space.
- 6 The Nationals 2005 programme will be out soon on the Web and other places. Please remember that every one of you should take the opportunity to attend this A level event here in HB. It is a great opportunity to meet the larger Orienteering community and compete on a National level, especially on our new maps. Whanawhana and Te Aute.
- 7 Have you had a chance to visit our Website? Paul Smith is doing a great job getting it up to date.



COMING EVENTS

November- December



MARK YOUR CALENDARS NOW

NOVEMBER

- 6/7th Wellington Champs, Manawatu. Pre-entry event.
- 13th Rimutaka Rogaine, in Rimutaka Forest Park, behind Wainuiomata. For more info visit the NZOF site or www.mapsport.co.nz/rog/rogaine.html
- 14th HBOC Champs, Maraetotara.
- 20/21st CD Champs, Hamilton. Entries close Nov 1st.
-
- 28th Club Christmas event – fun for all the family. Lower Tukituki.

DECEMBER

- 10th HBOC AGM and prizegiving, Havelock Community Centre. A chance to socialise. Information in this issue.

New Zealand Orienteering Federation (Inc)

GENERAL MANAGER: Stuart Payne, 171A Fifield Tce, Christchurch 8002, NEW ZEALAND
ph/fax: 64 - 3 - 337 2275 email: nzof@nzorienteeing.com

NZOF NEWS – OCTOBER 2004

NATIONAL JUNIOR TRAINING CAMP

The annual NZOF Junior Training Camp is to be held as follows:

- Monday 13 – Thursday 16 December
- Scoutlands Camp, Lake Kiritoa, Wanganui
- Age limitation 13 – 16
- Numbers limited & must be a member of an NZOF club.

If you are interested contact Graham Teahan at graham@mdc.govt.nz or phone (06) 329 3938 giving your name, age, orienteeing experience and contact details and he will send you an application form.

VACANCY: ANZ CHALLENGE TEAM MANAGER

Applications are invited for the position of Team Manager for the 2005 ANZ Challenge to be held in Auckland in January 2005.

The manager is responsible for the financial and logistical matters pertaining to the team and is expected to attend the ANZ Challenge events with the team. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager.

Applications close 30 October.

VACANCY: JWOC 2005 TEAM MANAGER

Applications are invited for the position of Team Manager for the 2005 Silva NZ Team, to the Junior World Championships to be held in Switzerland in July 2005.

The manager is responsible for the financial and logistical matters pertaining to the team and is expected to attend the championships with the team. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager.

Applications close 30 October.

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 orienteeing.

CLUB AFFILIATION LEVIES FOR 2005

The 2001 AGM established that club affiliation levies were to be “inflation linked for subsequent years”. The increase in the CPI for the June 2004 year was 2.4%. applying this to the 2004 affiliation total of \$13,000 gives \$13,312. However the NZOF Council has set the 2005 total, slightly lower at \$13,250.

DEVELOPMENT FUNDING

Two clubs have recently benefited from NZOF Development Funding for new permanent courses.

- Red Kiwi OC received \$214 for a new course in Palmerston North;
- Hamilton OC received \$500 for a new course at Te Kuiti.

The NZOF Development Funding Guidelines are available from the NZOF website or the General Manager.

NEW ZEALAND REIGNS SUPREME

Congratulations to the Pinestars, NZ’s Test Team, for their historic victory over Australia in the series contested as part of the Australian Camps in NSW. To quote Bob Mouatt, Australia’s National Development Manager: “This is the first time in elite competitions that a New Zealand team has beaten an Australian team in Australia”.

The NZOF thanks **DAVID MELROSE DESIGN** for its generous sponsorship of the New Zealand team.

And congratulations also to the NZ Schools team. The Pinestars' victory followed straight after the NZ Schools team retained the Southern Cross Challenge trophy. At the Australian Schools Championships, New Zealand, as it also did last year, headed all eight Australian state teams. Final results: NZ 44, ACT and Victoria 43 each.

FIXTURES LIST 2005

An initial Major Fixtures List accompanies this issue of NZOF News. Where applicable, clubs are asked to finalise A & B-level event details with the NZOF as soon as possible.

DIPLOMA IN SPORTS STUDIES

The University of Otago is offering distance learning for a Diploma in Sports Studies and Certificate in Fitness Management. You can study by interactive audioconference anywhere in New Zealand; no previous university study required. For more information contact the School Of Physical Education 0800 80 80 98.

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

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

NEW MEMBERS

We welcome the following new members to the club. We look forward to seeing you at future events:

- Natalie Berry
- Allan, Kirsten, Jayden & Cohen Hughes

35 Simla Ave
Havelock North
October 2004

Dear Club Members

I enclose a notice of the club AGM and prizegiving, being held on Friday, 10th December at the Havelock North Community Centre, Havelock North.

To encourage as many members as possible to attend, the club will be subsidising the cost of the meal that follows the AGM. The cost for those attending will be \$15 for adults and \$1 for each year of age of children up to a maximum of \$15. There is a bar available. The club will provide some wine and juice with the meal.

It should be stressed that the club formalities make up only a small part of the evening. There will be plenty of time to socialise. The venue has been selected to give the younger members plenty of space in which to occupy themselves during the meeting.

To enable the catering arrangements to be completed could you please advise me if you will be attending by Friday, 3rd December.

As the committee always needs new blood we encourage you to put forward your names if you wish to become involved. If you are interested please contact me at the address below and I will organise a formal nomination.

Yours faithfully
Ruth Vincent
HBOC Secretary
877 6404
email ruth.vincent@xtra.co.nz

HAWKES BAY ORIENTEERING CLUB INC

**NOTICE IS GIVEN OF THE 28TH ANNUAL GENERAL MEETING
TO BE HELD**

ON Friday, 10th December, 2004

VENUE Havelock North Community Centre
Te Mata Road, Havelock North

TIME

5.30pm-6.15pm	Drinks
6.15pm-7.00pm	AGM
7.00pm-8.00pm	Dinner
8.00pm-8.30pm	Prizegiving
8.30pm-9.30pm	Dessert and coffee

AGENDA

Welcome

Apologies

Minutes of previous AGM

Matters arising from minutes

President's report

Treasurer's report

Subscriptions for 2004

Election of Officers

President
Secretary
Treasurer
Club Captain

Election of Committee Members

Appointment of Auditor

General Business

COUNTDOWN TO NATIONALS '05

BULLETIN 3

The last month has been a busy one for all those involved in the organisation of the NZ Championships for Easter 2005.

In this newsletter you will have your copy of the entry form for this event. If you've never taken part in a large event, have a read of the form and talk to others in the club, if you're wondering what course you should do, or if you don't understand anything. This will be a fantastic opportunity for all HB members to experience a big orienteering event. "But I only do orange or yellow courses", you say. Don't worry, even though it's a NZ Championship, everyone can take part. There will be a course for you and there will be other people from around the country who will come and run that course as well. You'll have a great weekend and you won't have to organise any accommodation to take part!

The club last held the NZ Championships in 1991, a few months after Geoff & I started orienteering. I remember struggling around a fairly short orange course in well over an hour in the only event I entered and just helping at the events on the other days. The last day was relays at Smedley and the area just looked so beautiful, I wished I had entered. I think I must have been hooked after that.

Mapping and cartography of the new map at Whanawhana (do you know where this is?) is well underway, while the photogrammetry nears completion. This is another large project for the club, with many members probably unaware of how that piece of paper that you run around with on a Sunday comes into being. Work on the map of Te Aute College will follow after this.

One of the major decisions during the month has been to use the Sport-ident electronic timing system. Joanna & Alistair Stewart from the Auckland club have very generously offered to manage the system for us during the championship. In the meantime, Rob McDonald is working on the design for the conversion of 250 of our surplus control standards to enable them to take the electronic base station. A working bee will be happening sometime in the future, so your help will be appreciated.

Finally, congratulations to Kevin Stewart, who has won free entry to the 4 days of the national Championship, with the logo he designed:



Pamela Morrison
Phone (06) 877 4870

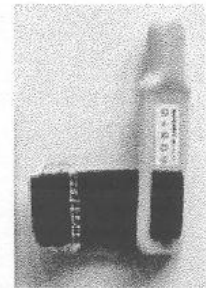
What does electronic timing mean for me?

You may have read or heard that the club is using electronic timing at the Nationals at Easter. What does this mean?

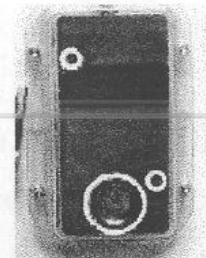
The brand name of the electronic timing system is called Sport-ident. It was developed in Sweden specifically for orienteering. There is one system in NZ which is owned by two Auckland clubs, Auckland & North-West. These clubs use this system for most events they have. They have almost done away with clipcards and spikey punches. This isn't going to happen in HB in the near future, but Easter will be an opportunity for everyone in HB to experience the system.

So how does it work?

- Instead of carrying a clipcard you will carry a little plastic stick (called an e-card) on your finger. On the entry form you will see that you need to hire this. The Auckland club owns a stock of e-cards which are available to hire. Alternatively, you can buy your own for \$50. An e-card looks like this:



- "But, I usually write my control descriptions on my clipcard!" This is probably the biggest thing to get used to. As usual with pre-marked maps, your control descriptions will be printed on your map, but you will have the opportunity to pick up your control descriptions at the start. So, if you want to carry them on your course so they're easy to look at, you need to organise a control description holder. Have a chat to someone in the club who has used Sport-ident before to find out what they do.
- At the control there will be an electronic base station – to "punch" the control, put your e-card into the hole, wait for the beep and the red light and your visit is recorded. If it's the wrong control, don't worry, find the right one, punch it and keep going. The wrong punch will be ignored. The base station will look something like this:



- In addition to the electronic base station on top of the control, there is also a manual punch as well, in case the electronic control doesn't work. If this happens, clip the control as normal, in the special boxes printed on your map.
- At the end of your course you will need to punch a control on the finish line – this records your finish time and you can relax after this. Walk down the finish chute to the admin area. Here you will put your e-card into another box and bingo! You'll receive a print-out showing how long each leg took (so you'll be able to work out how much time you did actually waste looking for that control!) and your total time.
- If you're really interested, when you get home you can go onto the internet and look at everyone else's times for the course and if you're really, really interested there are graphs and all sorts of other information
- Then have a good sleep, it's another day tomorrow!

The 16th Annual Kaweka Challenge

26 - 27 February 2005

The Kaweka Challenge is New Zealand's highest mountain race and has a proud history of running every year for 16 years. It is jointly run by a committee of members from the Hawke's Bay Orienteering Club and the Heretaunga Tramping Club. We rely on volunteers from the two clubs to continue making the event the success it is. In return the profits from the event are shared equally between the two clubs. Last year the orienteering club received \$4250 from the Kaweka Challenge. This money goes to help our club buy equipment, subsidise new maps and subsidise development camps for juniors among other things.

If you are not entering the event, or even if you are, there are a variety of roles that club members can fill to help with staffing at this event. Volunteers have a great deal of fun and there is a fabulous atmosphere at the weekend event. Please put aside this weekend to help your club reap the benefits.



Eye in the Sky

By the magpie



- The Barrett's mountainbiking weekend turned to custard. Aari, who was competing in the HBSS championship downhill event had a mishap while warming up and did not make the start line. Graeme injured his shoulder, when coming off during the HB Masters race, serious enough for it to put in a sling.
- Scott McDonald has been selected for the 13th grade Central Federation soccer team. There are only 7 federations in NZ, so with the popularity of soccer, it is no mean feat to make the team. It means that most weekends, up until December when they play a tournament, will be spent in Palmerston North training. Orienteering takes the back seat for a little while though I'm sure he doesn't want to give too much leeway to Jack.
- Gary Gregory turned up at Rowe Road with his shirt inside out. He claimed he'd been to the big race (horses) in Hastings the previous day and had over-indulged in euphoria of the occasion. As someone commented, "at least he still has his shirt!".
- There are plenty of orienteers at athletics on Tuesday nights. There was a big clash recently in a 2x100 relay. Rachel and Jaime Goodwin beat Kate and Duncan Morrison!
- We all knew Rachel Baker was a budding stage actress, she must be the most photographed club-member, but now we have another. Alex Hazlehurst has also got in on the act, which doesn't surprise the magpie. They are all part of the HABYTS troupe. Also whisper is that Amy Dolden is a fair ballet dancer too. It is probably a useful skill to have while orienteering. Magpie has tried a little himself while out orienteering.
- Another with her picture plastered over the paper, was Olivia Gregory sending down a mean delivery in a cricket match. She already has been part of a NZ champion intermediate school team, and by the look of it, HNI are on their way to another. She looked quick enough to ruffle the magpies feathers.
- Geoff Morrison is mapping Whanawhana at the moment and seems to be having a few problems with some of my cousins. When he had problems at Smedley, 'Dead-eye Dick' Ken Holst came to the rescue and got shot of the problem. People are unsure whether Ken is the 'dead-eye' or the 'dick', but he managed to put both together on this day. Anyway, Geoff has overcome his current situation by gaining height. He carries a broom handle in his pack.

Junior Report

Congratulations to the club members who helped the NZSS team overcome the Aussie states in the Australian SS Champs in New South Wales. Jack Vincent, Amber Morrison and Cara McDonald were part of the 16-strong team and Emma Watson also took part to gain experience.

- Jack was the star, winning the junior boys' title by 2½ minutes. Being first starter, it enabled him to tackle the course without distraction, but ensured a long wait to find out the final result. He became the first New Zealander to win an ASS title. Jack also ran fastest time in the relays, enabling the junior team to finish 2nd.
- Amber, one of the favourites, after running well for the elite team, made mistakes in the school champs to finish a disappointing 17th. She bounced back well in the relays, running fastest time to help her senior team to victory. She also ran 5th in W18 in the Australian Champs.
- Cara's first-up effort in Australia was mixed, with the highlight helping her junior team gain a 3rd place in the relays. She also had a good result in the NSW champs. The experience gained is immeasurable, and she has come back home, highly motivated and thirsting for more.
- Emma, though not part of the school team, took part in all events and acquitted herself very well. Though getting off to a nightmarish start in the NSW champs, she showed a ton of grit to finish and then rebound to run consistently well for the rest of the week.
- Quite a crew of our juniors should be now eyeing up the possibility of making future teams. If you have reservations, I'm sure they would be alleviated by chatting to any one of those that have been. Our list of national junior representatives has grown in recent years with Ross Morrison and Todd Oates both representing NZ at JWOC and Amber, Emma, Jack and Cara with NZSS. Next year, the Australian SS Champs are in Tasmania.

It is the time of the year when juniors have the opportunity to take in an orienteering camp. There is a national one near Wanganui in December, while we have a club one in the last week before school goes back. The entry form for the HB one is in the magazine. These camps are great for practising skills to enable you to move up another level. It can take you out of that comfort level without any pressure. It is quite noticeable what marked effect it has on some juniors and watching their dramatic improvements is one of the most satisfying things I get from being involved. So far this year, we have had 5 national long course and 5 medium course champions, 2 NZSS, 2 NISS, 1 ASS, 3 NZSS reps, 1 NZ elite rep and 1 NZ relay champ (out of 2 relays!), all from our junior ranks. This does not include all the placegetters, SS relay winners, and national B grade winners. Nearly all of these have taken part in camps at various times.

The national camp runs for 5 days and generally costs around \$150 (plus getting there) while the HB one is for 4 days and costs around \$90. The HB one relies on parents' transport and cooking arrangements to keep the costs down.

The club subsidises one camp a year by 50% to club-members.

Help needed. I need someone to help me organise the camp in January. Last year I did it on my own and the organising of coaches, landowners, maps, camp, participants, transport, groceries, chefs and menus was hard work, especially when trying to make a living as well. If someone could take responsibility for the transport, groceries, chefs and menu side of the deal, it would be a huge relief. Anyone interested, give me a call and I'll let you know what you have let yourself in for.

Geoff

HAWKE'S BAY ORIENTEERING CLUB
2005 JUNIOR TRAINING CAMP

This camp is again being held from January 24 – 27, 2005. We will be staying at Moore Road camp, near Havelock North. Accommodation will be in bunkrooms and all meals will be provided.

The camp will cater for yellow, orange and red level orienteers of intermediate school age or older. We will be using some coaching expertise from outside the club. The aim of the week is to upskill so you can move on to the next colour level with ease. This will be really useful as we build up to the Nationals at Easter.

The camp will commence at 1.30pm on January 24. A programme will be forwarded to participants a few days before the camp.

The cost of the camp will be \$45. (\$90 is the full cost, which is subsidised 50% for club members who have not received a camp subsidy since 1 November.)

If you wish to participate, please complete the form below and forward with your payment (cheques made payable to HB Orienteering Club Inc.) to Geoff Morrison, 27 Margaret Avenue, Havelock North by January 17, 2005.

HELP NEEDED!

To make this camp happen the support of parents/caregivers is required. Help is needed with transportation during the camp, with the coaching exercises and the general care and supervision of the camp participants. For those that are happy to stay at the camp, accommodation will be in the bunkrooms or alternatively, there is plenty of space for camping. You are welcome to share the fine meals which will be provided.

CAMP APPLICATION

Name:

Any special dietary needs/preferences?

Any special medical needs?

Parent/caregiver name:

Contact phone number:

Able to assist with? (please indicate days available)

- **Transport**
- **Meals**
- **Coaching**

Do you wish to stay at the camp?

If staying, do you have any special dietary needs/preferences?

Coaching Corner

Planning a leg

If we were planning to get from Havelock North to Whangamomona in the quickest time, we would have to plan how we would do it. Things to consider would be the state of the roads, distance and difficulty of navigation. We would have 'stepping stones' on the way, with a major 'attack point' nearby.

Orienteering by foot is no different. High level orienteers can smoothly flow through the controls, knowing full well what they have to do to get to the next control without slowing. They have pre-planned the leg previously, maybe on a run on the road or easy running part of the map. Whenever I try this method, I either trip over a root, or run into a tree!

A large number of orienteers are in the next category, they are the ones who know the direction they are going and will plan the leg as they walk/jog from the control.

Then there are the rest. What do they do? These people have been told to move away from the control quickly so no-one sees them. Unfortunately, running 100 metres swiftly in the wrong direction does nothing for your own cause. So what are you supposed to do?

As Bryan Teahan once said at a training session, don't leave the control until you have planned what you are going to do or at least you know exactly where you are. 10 seconds reading a map could save you 10 minutes at the other end of the leg.

1. Firstly orientate the map. Every time!
2. Then look around the control site on the map (you are to visit!) for something prominent nearby. Plan your route to get to that prominent feature. This might mean stepping stones or use of a handrail. Handrails could be anything, ridges, re-entrants, vegetation, tracks, etc. Your thought pattern could be, "I run down the spur until the saddle" or "I run down the re-entrant until I hit the boulder". If you stop at each stepping stone to get yourself lined up to the next, then so be it. Don't try to take short cuts on the map reading. Make sure your stepping stones are obvious.
3. Once you are at your prominent attack point near the control, try to be clean to the control. This means a closer study of the map, reading more detail than on the early part of the leg. More time is lost from the attack point to the control than anywhere else. Like golf, 2 hits you go 300 metres, but the last 20 can take you another 4 or 5.

Ultimately, your processes will speed up as your skills improve and your times will reduce. The quickest way to bring your times down is by reducing your mistakes to seconds as opposed to minutes. The secret to achieving that is by good **planning**.

If you want to discuss any of these topics, come and chat to me.

Geoff

FOR YOUR INFORMATION

Just a few important points and future dates, so you can't say, "But I didn't know about that."

* Anyone who won a trophy at our Club prizegiving last year is asked to return it/them to Ruth Vincent ASAP, ready for this year's engraving.

* Hamish did send an e-mail around about the National Junior Training Camp being held in Wanganui in December. There are more details in the NZOF news in this edition. For more information talk to one of our juniors who has been to a past camp eg Amber, Emma, Cara, Josh, Helen, Caroline, Paul or to Geoff Morrison.

* North West Orienteering Club is hosting the Oceania Orienteering Carnival from the 6th - 16th January, 2005. There are 8 days of competition spread over 11 days. You can compete in one day or on every day. All events are within 90 minutes of Auckland. There are courses for all abilities. For more information go to www.geocities.com/nwocnz/Oceania/oceania.htm

Some important dates for 2005

January 6 - 16 th	Oceania Carnival, Auckland
January 24 - 27 th	Club Junior Training Camp, HB.
February 26/27 th	Kaweka Challenge.
March 12 th	Katoa Po (Night Relays), Taupo
March 25 - 28 th	Nationals, Hawke's Bay
April 29/30 th	NISS Champs, Counties Manakau
July 22/23 rd	NZSS Champs, Wellington

ADVICE FOR BEGINNERS

From Compass Points , June, 2000. Written by Mark Roberts, AOC. Chris Howell dug this out, thinking it could be useful to some of our newer members.

Mark says

I've taught a number of beginners in the last few years, and here is what I found myself banging on about.

- * Get good advice, even if that only means sitting down after each event with an experienced orienteer and going over your course together.
 - * Go to the big away events. If you can spare the time multi-day events are enormous fun and you get the chance to discover completely different O terrain and find out how bad you are at navigating on it.
 - * Eat and drink properly. Get some carbohydrate inside you before you go to the event, and tank up with water before and after. Bananas! Lots of them!!
 - * Learn the basics. For a start, learn about handrails, attack points, heading off and traffic lights. Practice them and use them at events.
 - * Don't start your run flustered by arriving late. Sound obvious? Tell that to everyone who's arrived at an event without their shoes, or walked to the start without their compass, or not allowed enough time to walk to the start.
 - * Run the first leg slowly and carefully. There's nothing worse than blowing the first control, and it's far too easy to do on an unfamiliar map in unfamiliar terrain.
 - * Orientate the map. It's unnatural at first, but it's the only sensible way to use an O map.
 - * Take it easy. Stay close to the map and be sure where you are at all times.
-
- * Learn about route choice. Ask an experienced orienteer to lend you some old maps, decide how you would run each leg and ask them to show you how they would run it, and why.
 - * Get good gear, especially shoes, as soon as you've decided that O is something you want to commit to. Get real O shoes (don't make do with touch shoes), gaiters, an O suit and a compass. You won't regret it.
 - * Aim low until you know what you are capable of, always do the slightly shorter course, the long difficult courses will always be there later. You'll learn nothing on a 3 hour nightmare slog. Be especially careful in unfamiliar terrain, which you are bound to find more difficult.
 - * Get a thumb compass. If you really want to use a bezel compass, strap it to your wrist and hold it on top of your map at all times.
 - * Learn the map. Take the time to walk calmly around on a map and see how the mapper has interpreted the terrain, what he's missed out, what he's put in, the mistakes and what exactly those vertical green stripes mean.
 - * Get involved with setting and mapping. The best way to understand orienteering courses is to design a few yourself, with a crusty old controller to show you how. The best way to truly understand maps is to do some fieldwork or field checking, with a crusty old mapper to show you how.
 - * And on a more personal note, red wine and curry on a Saturday night before an event is a really bad idea.

Australia 2004

On the 24th of September, 16 juniors from around the country made the trip across the Tasman to represent New Zealand in the Australian Schools Championship and to compete in the Australian and New South Wales Champs. Three Hawkes Bay juniors were part of this team (Amber, Jack and Cara) and Derek Morrison was our manager.

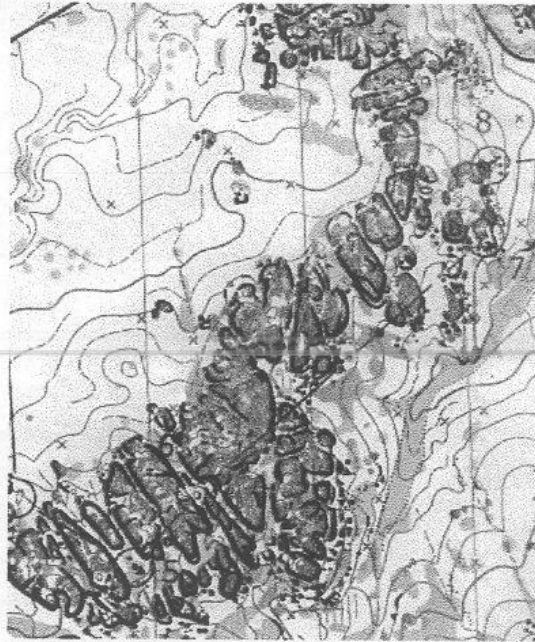
After leaving the airport we travelled to a "typical" Australian map that we were surprised to find was quite like home with some pine forest and lots of blackberry (just ask Jack!). We used this to familiarise ourselves with the terrain and get lots of useful hints on Australian terrain

The next day we had the first of our 6:00 am starts and travelled north of Bathurst to the warm-up event that was similar terrain to what we would be running on the next day in the NSW Champs. The highlight of our day was a visit from a little Joey, which looked suspiciously like a Chihuahua, that was found "crying" in the bush by a team member's mother. We also got paired up with a member of the NZ elite team. Our mentors talked to us about our runs every day and gave us lots of helpful hints about techniques to use out on our courses.

The NSW Champs were a bit of a shock to all of us, running beneath, through and on top of huge rocks (pagodas) that would have been over 10m high. It was our first day of proper racing and the level of competition impressed us all.

The next day we all had a well earned rest and took the opportunity to unleash our inner Greg Murphy on the Mount Panorama racing circuit. We recorded a lap time that we are too ashamed to print but did get up to speeds of 145km an hour in our Toyota Previas.

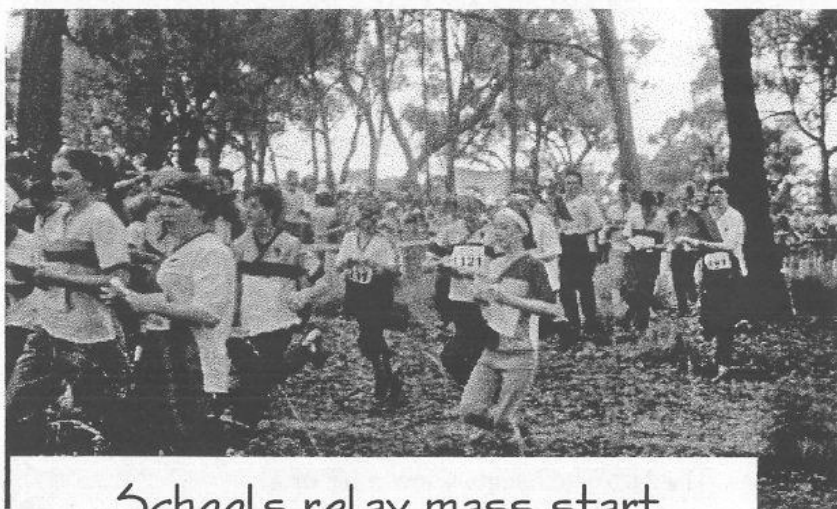
That night was interesting for all us first-timers at the schools competition as we had the start draw where we all got to suss out our competition. All the competitors names are put in a box and drawn out at random to determine our start order. To Jack's horror he got pulled out first in the Junior Boys (though I'm sure he wasn't complaining after his race the next day!).



NSW Champs map

This day was the big day for all of us, especially Jack having the first start time. The spectator start was daunting for even the most experienced orienteers and after running down the start chute, lined with screaming state teams, it was all go out into the virtually flat, eucalypt forest. Picking out contour features was difficult at times and running on a 1:15000 map meant compass work and using hilltops to navigate off was most important. Jack triumphed over the strong field of junior boys to be the first New Zealander to win a schools title in Australia. Many of the New Zealand team that were expected to do well didn't perform to the best of their ability and in most cases one mistake cost them 5 or more placings. After the individual event, New Zealand was 5th in the Southern Cross Junior Challenge, 7 points down on first. It was definitely looking like a lost cause at that stage, and the trophy the NZ team had won last year seemed out of our grasp. The relays were another day though and it gave many of us a chance to redeem ourselves and make up for the disappointing runs the previous day.

The Junior Girls were the first of the NZ teams to finish, picking up a third placing. Next were the Junior Boys who came second and then the Senior Girls whose last leg runner,



Schools relay mass start

Amber, posted the fastest time on the course and led her team to victory! The Senior Boys then came home in 4th place, moving up from 6th after 2 disqualifications on their course.

That night at the presentation dinner we collected 15 medals and, to our surprise, the Junior Challenge Shield for the second year running! It was a close battle however with ATC and VIC tied for second just one point behind.

Amber



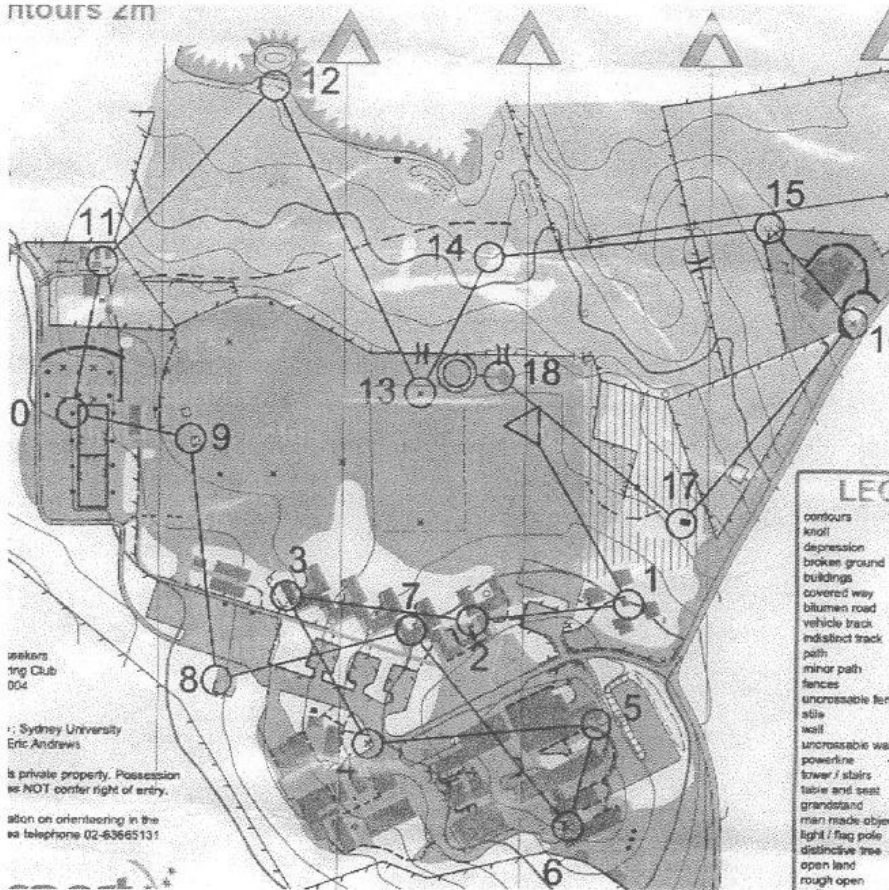
Jack



Cara



Contours 4m



Speakers
ring Club
004

Sydney University
Eric Andrews

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is NOT confer right of entry.

Information on orienteering in the
area telephone 02-63665131

We packed up and left Bathurst for Orange, 50k down the road to compete in the sprint champs. The set up for most of our races was not sprint 0 as we know in NZ. A mass start and no split controls proved to be a very exciting cross-country race!

For the first time since we'd arrived it was overcast and threatening to rain. We went and did a model event around similar terrain to what the Australian Champs were to be held on.

Sprint champs - women's course

It ended up pouring and the next day looked as though it could be quite damp. We woke the next day to beautiful sunshine though, and made our way to a beautiful map with complex rock features, intricate gully systems and lots of climb. Georgia Whitla (PAP0) had an amazing run to beat both the Junior and Senior Girls Champions in V16 and Amber had a 4th placing in the highly competitive V18 grade. The Australian Relays map suited us Hawkes Bay runners fine, with the terrain like a mixture of Maraetotara and Smedley. We were relieved to finally run on a map we could relate to. Emma Watson teamed up with Tony Van Dyke and Michael Wood to win the Mixed Senior Grade, which was New Zealand's best performance that day. Nine of us stayed on for three more days after the competition had finished to train in preparation for



Australian Relay Map

JVOC 2007 (to be held in NSW), which all of us hope to get selected for. We learnt lots from Derek and Neil Kerrison who coached us and helped us with understanding how the terrain is mapped (especially the rocks). We also had a go at mapping an area ourselves, did relays, courses by ourselves, map walks and map talks.

All 16 of us had the time of our lives and if you want something to strive for, then make it this. As well as improving your orienteering it also helps you mentally prepare for big races and gives you the opportunity to make heaps of new friends. I hope Hawkes Bay will be represented again next year when the competition is in Tasmania, but beware. Those of us that are still eligible next year will be out to get back into the team!

Cara and Jack



← The Team

These are small compared to the rocks we were running through



AUSTRALIAN RESULTS

AUSTRALAIN SCHOOL CHAMPS – INDIVIDUALS

Junior Boys (34)

1) Jack Vincent	35.38
4) Andrew Peat	42.27
6) Ciaran Murphy	45.15
13) Thomas Reynolds	51.08

Junior Girls (36)

1) Ineka Booth (ACT)	31.28
4) Kirsty Turner	37.05
14) Georgia Whitla	42.14
26) Cara McDonald	50.27
31) Claire Dinsdale	1.01.07

Senior Boys (37)

1) Chris Naunton (Vic)	43.35
15) Riki Cambridge	1.04.00
19) Daniel Stott	1.06.20
26) Sam McNally	1.11.39
31) Richard Glover	1.21.46

Senior Girls (34)

1) Heather Harding (ACT)	48.47
6) Lizzie Ingham	53.48
9) Rita Holmes	58.38
17) Amber Morrison	1.02.34
26) Sarah Gray	1.12.54

SCHOOL RELAYS

Junior Boys (11)

NZ Team - Jack, Thomas, Andrew

1) Tasmania	79.46
2) NZ	87.13

Junior Girls (12)

NZ Team – Georgia, Cara, Kirsty

- 1) Queensland 85.39**
- 2) ACT 85.55**
- 3) NZ 86.55**

Senior Boys (11)

NZ Team – Daniel, Riki, Sam

- 1) Victoria 104.49**
- 5) NZ 120.45**

Senior Girls (10)

NZ Team – Amber, Lizzie, Rita

- 1) NZ 94.31**

In the individual events the top 3 placings from each state/NZ were added together, then ranked, to earn points, then each relay team gained points for their placing. After lying in 5th place after the Individual event, NZ came from behind to take out the overall title by ONE point after the great relay results. WELL DONE NEW ZEALAND. WELL DONE JACK, AMBER AND CARA.



OVER THE HILL

19TH SEPTEMBER 2004

Setter: Craig Tuohy Vetter: Derek Morrison

Red Long 4.6km climb 100m

Hamish Goodwin	31.51
Geoff Morrison	37.04
Chris Howell	37.55
Jack Vincent	40.41
Terry Russell	43.27
Richard Lynn	45.14
Amber Morrison	47.00
David Fisher	54.43
Daniel McCormack	58.24
Andrew & Hazel Smith	95.59
Neil Kerrison	DSQ

Sharon Mardon	58.21
Brian Crawford	64.11
Ruth Vincent	65.59
Caroline Vincent	DNF

Orange 3.35km climb 100m

Rachel Goodwin	38.52
Gary Gregory	43.16
Kevin Stewart	49.20
Steve Armon	50.44
Henry Porter	57.33
Gary Patton	59.00
Deborah Turner	68.04

Red Medium 3.65km climb 100m

Scott McDonald	33.11
Pamela Morrison	38.24
Max Kerrison	38.40
Rob McDonald	38.45
Ken Holst	46.34
Cara McDonald	47.37
Steve Armon(2 nd Course)	48.21
Colin Jones	65.00
Dave Smith	68.11
Bob Pocknall	76.35

Yellow 2.51km climb 90m

Chloe Gregory	22.07
Jaime Goodwin	23.54
Olivia Gregory	27.20
Chris McDonald	29.48
Gail Gregory	32.36
Bradley Porter	34.32
Allan Hughes	40.45
Natalie Berry	57.11
Nicki Stewart	DNF

Red Short 3.3km climb 95m

Sam Eames	30.57
Duncan Morrison	31.45
Sophie Eames	37.05
Jon Eames	37.30
Alan Berry	37.48
Faye McDonald	40.18
Jo Eames	40.33
Stewart Hyslop	41.27
Rob Poulgrain	41.48
Chloe Gregory(2 nd Course)	47.52
Philip Baker	53.05
Paul Steeds	55.40
Catherine Howell	55.49

White 2.15km climb 80m

Harrison Gregory	26.27
Hamish Muir	28.01
Teresa O'Sullivan	33.23
Sean Morrison	38.02
Jayden Hughes	40.03
Tim Coppelmans	57.32
Anna Coppelmans	87.26

String

Caroline Howell	12.01
Helen Howell	12.26
Cohen Hughes	13.30

Over The Hill

The year passes all too quickly. First of all the telephone calls changing the date of this event, then a number of phone calls changing it from a Sprint-O to a Club event. Which the map was really suited for. It has nice open ground with some good steep hills around it, and a pity the map didn't go further up the steep side of Te Mata Peak huh!? We missed that climb.

When myself and Gordon were out a few weeks earlier having a scout around the map, we were sidetracked by a paraglider swinging around above us. That was pretty cool, seeing this guy flying like a bird, at one with the sky and the clouds and the Eagles, with the wind sweeping through his hair... luckily we had finished for the day and ran down one of the hills to the flat area where they land and caught up to the paraglider (do they call these guys a pilot?) as he was packing his 'chute away. We spent a few moments chatting with the guy when he pointed up Te Mata Peak and just below the top was another paraglider, about 100 metres from the top, snagged on the side off the really steep bits.

Our paraglider pilot said it would be good practice for the local Fire Brigade to pit their skills in extricating the poor unfortunate. Hmmm! Safe sport huh!?

Derek Morrison was our Vetter and was most helpful with working out all the extra intricacies of course setting, and as Vettors do, we did a few trips to the map to recheck and change controls. Pamela Morrison, as always very helpful, instructed me on how to use Condes and fill in the control descriptions. Amazing how easy it is to do when someone shows you, thanks Pamela. Thanks to Geoff for entertaining me over my short visit to your house. The Chilean (?) liquor went down well thanks.

The big day dawned and the weather was a little changeable, at times hot and clear and then it would change to very cold with the threat of rain. But it stayed dry. A good turnout and off the Orienteers went... One of the highlights of the course was the numerous dead sheep lying around or dumped ready for burning. I was amazed with the sheer number out there. And one of the Red Long controls had a control by a carcass for their enjoyment...

Richard Lynn took off for his course at speed and 50 metres later turned around and came back muttering something about putting the controls onto his map.

Club events are not always a doddle to do, even for those super Orienteers amongst us. Neil Kerrison found this out, his 2nd control belonged to the Red Short/Medium course. A good reminder to everyone to double check their control before clipping their card.

The local newspaper sent a photographer along to take photos of key Orienteers for their files. Derek Morrison, always keen to take advantage of the media, spent quite a bit of time sucking up to... I mean talking to, the photographer in between running the event. A few photos of which appeared in the paper the week after, that was good timing. Cara McDonald amongst others.

Other than that the day went well, and everyone enjoyed a nice day out in the hills.

Our thanks to all those who helped with the packing up and bringing in of controls. And special thanks to Stewart for making the dreaded phone calls in his own imitable style and organizing the control collectors beforehand.

Then my computer crashed, and that's another story...

Craig Tuohy

ROWE ROAD

HB SCORE CHAMPS

3 OCTOBER 2004

Setter: Ruth Vincent

Vetter: Terry Russell

	<u>Score</u>	<u>Penalties</u>	<u>Total</u>
<u>M Open</u>			
Hamish Goodwin	540	50	490
Chris Howell	440	10	430
Geoff Morrison	430	20	410
Wayne Hosking	430	20	410
Jon Eames	310		310
Richard Lynn	290		290
Gary Gregory	290	10	280
Steve Armon	280		280
Colin Jones	280	10	270
Rob McDonald	270	20	250
Bob Pocknall	270	20	250
Tom Fargher	260	20	240
David Harrington	300	70	230
Rob Poulgrain	230		230
Kevin Stewart	260	30	230
David Fisher	220		220
Keith Vincent	540	330	210
Allan Hughes	200	20	180
Henry Porter	170	80	90
Nigel Field	210	140	70
Gary Patton	220	180	40

W Open

Pamela Morrison	270		270
Jennie Barrett	280	50	230
Jo Eames	190		190
Faye McDonald	210	40	170
Cath Howell	140		140
Rachel Kerrison	150	20	130
Caroline Vincent	130		130
Robyn Berry	160	50	110
Leanna Reynolds	220	110	110
Janet Turvey	110		110
Andrea Pearson	200	110	90
Gail Gregory	150	90	60
Brenda Campbell	80	140	-60

M 55

Max Kerrison	340	20	320
Alan Berry	260		260

Ken Holst	300	90	210
Paul Steeds	190		190
Stewart Hyslop	250	80	170
Brian Crawford	100		100
Philip Baker	250	260	-10

W 55

Deborah Turner	210		210
Sharon Mardon	170	60	110

M 16

Paul Smith	300		300
Sam Eames	260		260
Jay Barrett	260	10	250
Duncan Morrison	220		220
Josh Nicholls	290	100	190
Chris McDonald	120	10	110
Daniel Weeks	220	150	70
Bradley Porter	60		60

W 16

Chloe Gregory	280	20	260
Rachel Goodwin	250	10	240
Sophie Eames	220		220
Hayley Tristram	220	20	200
Sophie Fargher	200		200
Anna Blackmore	220	50	170
Jaime Goodwin	160		160
Avril Turvey	160	20	140
Katie Eames	130		130
Teresa Stewart	60		60
Nikki Harrington	80	30	50
Nicki Stewart	50		50
Elsa Vincent	30		30
Natalie Berry	50	160	-110

Unofficial

Wayne & Hayden Tristram	230		230
Shrek	140		140
Glenda & Peter	150	30	120
Sue & Stuart Field	70	60	10

White 2.2km 60m climb

Emily Irwin	22.47
Mark Irwin	25.00
Sean Morrison	30.26
Cam, Harrison & Becky	34.29
Jayden Hughes	40.13
Cohen Hughes	42.48
Helen Howell	47.14
Philippe Grooby	50.37
Toni Hill	53.00
Caroline Howell	64.29
Blair Turvey	64.38
Joshua	65.00

ROWE ROAD

They all know on the committee that I do not enjoy score events, so they thought it best that I helped plan one! Actually what the fixtures list did say was that Terry was the setter and I was the vetter. A cunning ploy! Over the years I have walked over much of the farm the Rowe Road event was on, so I thought I knew it well, but after looking at the maps, what interesting places there were. It was hard to keep the number of controls to only 27 and keep them well spaced with not so obvious positioning from a number of approaches. This proved more difficult than I thought but Terry was very patient and we deliberated many of the final sites as compared to the map..... even those that weren't there!

On the day of the event we were so well organised that even the string course was out well on time. I sat on the finish line for what seemed ages for the first starters to finish. Daylight saving had done its best to keep you all in bed, 10:50 for the first starter must be a record.

There weren't too many moans about the control sitings being off, apart from one that we weren't that convinced about ourselves..... And the couple that the nosey cows went orienteering with. Thank you those who tried to get the lot. I examined the run rate that our more adventurous Red runners had done recently on similar terrain and thought it might be a push to get them all in an hour. Those big, rolling hills on the way into the finish kept quite a few out after the hour was up.

We hoped you found time to enjoy the scenery, the backdrop of the Tukituki is magnificent. That we get so little time on the courses to enjoy it made it special that you let me see it on my planning. So thank you, especially Terry for needing to be fit for the Rotorua rogaime, Alan B for being his gracious self, Erica for taking time out from her garden to arm the caravan without going for a run herself, and Gary who learnt the joys of erecting the toilet tent. And the rest of you who even after panting for several minutes at the finish managed a few kind words about the event.....or Jack's success in Oz.

Ruth Vincent

ROTOMA

OY 5

17 OCTOBER 2004

Setter: Peter Watson

Vetter: Maurice Lloyd

Red Long 7.4km 360m climb

Geoff Morrison	77.31
Chris Howell	79.08
Derek Morrison	86.01
Richard Lynn	91.10
Terry Russell	109.43
Hamish Goodwin	DNF

Red Medium 4.6km 240m climb

Jack Vincent	41.55
Amber Morrison	45.56
Scott McDonald	47.34
Max Kerrison	53.02
Rolf Boswell	54.03
Pamela Morrison	55.51
Wayne Hosking	57.50
Paul Smith	58.39
Daniel McCormack	58.48
Cara McDonald	59.42
Rob McDonald	60.31
Emma Watson	61.38
Ken Holst	62.22
David Fisher	62.29
Bob Pocknall	62.45
Keith Vincent	67.52
Colin Jones	76.49
Faye McDonald	86.50
Di & Nick	108.27
Tom Fargher	DNF

Alan Berry	46.33
Sharon Mardon	47.37
Caroline Vincent	52.15
Nigel Field	52.53
Paul Steeds	53.56
Helen Watson	54.32
Philip Baker	55.12
Avril Turvey	55.29
Rachel Kerrison	55.31
Cath Howell	58.09
Steven Bennett	59.03
Ruth Vincent	70.55
Brian Crawford	87.48

Orange 4.6km 190m climb

Duncan Morrison	50.20
Rachel Goodwin	62.54
Kate Morrison	66.47
Deborah Turner	67.29
Gary Patton	73.10
Pauline Klay	83.22
Henry Porter	84.30
Anna Blackmore	85.11
Steve Armon	89.00
Leanna Reynolds	89.08
Pedro Becker	98.20
Kev Webb	120.20
Sophie Fargher	DNF
Gary Gregory	DSQ
Chloe Gregory	DSQ

Yellow 3.1km 90m climb

Red Short 2.9km 110m climb

Rob Poulgrain	42.09
Jennie Barrett	43.48
Stewart Hyslop	44.25

Jaime Goodwin	36.38
Allan Hughes	39.09
Daniel Weeks	45.06
Joseph Clifton	49.41
Anna Powell	52.12

Chris McDonald	53.28
Olivia Gregory	59.34
Gail Gregory	63.00
Sam Blackmore	64.06
Bill Blackmore	69.08
Sue Field	70.18
Kirsten Hughes	76.55
Sheree Waikari	81.05
Nick Pinder	82.27
Shane Williams	84.50
Bradley Porter	99.42
Catherine Bluikhorne	102.34
Karyn Dodd	108.32
Vicky Field	DNF
Tom Wilson (2 nd course)	44.07

White 2.0km 80m climb

Jay Barrett	17.53
Tom Wilson	22.00
Sean Morrison	35.25
Richard Powell	42.39
Cohen Hughes	49.18
Jayden Hughes	49.37
Helen Howell	86.11
Caroline Howell	86.11
Emma & Blake Boswell	87.57
Scott (2 nd course)	14.20
Cara (2 nd course)	16.04

17yr old Tertiary student, (HBOC member) requires paid holiday work in the Napier/ Hastings area, anything considered. Has Supermarket and Apple Thinning experience.
Any offers please phone Daniel McCormack (06) 833 7236.

ROTOMA COURSE SETTER'S REPORT

The courses were originally planned to have 3 to 4 controls in the native bush near the start, but alas, after confirming the control sites I ran into the unknown landowner who ultimately declined to let us use his property for this event. This most affected the red short course and as a consequence they ended up with a much less interesting course.

The winning times were very close to the theoretical with only the Red Long and Orange courses on the long side. I also feel the Red Long course is a bit of a luxury as it would make far more competitive sense to run the Red Long and Medium as one course with a 60 minute winning time. Only Hamish would cover the ground as quickly as our current star Jack Vincent.

As to the results: -

Red Long

Derek is in his usual position, leading comfortably, but any one of Geoff, Chris and Derek could win.

Red Medium

Jack's winning time was outstanding but only Scott, Rolf or Wayne can win with Scott leading at this point. Amber has already won the Women's grade.

Red Short

Alan has already won, with the women's race to be decided between Sharon and Cath. An 18.42 run or better in the last OY will see Sharon confirmed as the winner.

Orange

Duncan has secured the Men's title while Rachael, Kate and Chloe are in contention for the Women's. It will be hard to beat Rachael's perfect record, as long as she turns up for the last OY.

Yellow

Christopher and Olivia have won their grades.

White

Jay has won the Men's with the Women's grade wide open.

Thanks

First to Geoff Paget for his assistance in putting out and retrieving controls, and for the use of his farm bike; Tom Fargher for putting out the direction signs; James, Emma and Helen for their assistance at the event; Darryl Paget for her assistance with control collection; Maurice for his attention to detail; Hamish for packing the toilet away while Maurice and I disappeared as fast as possible to collect controls, and for tabulating and checking the results, and to the weather gods who held off until we were almost home.

Peter Watson & Maurice Lloyd

Orienteer of the Year points: 2004

Red Long	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Derek Morrison	24.00	20.07	25.00	25.00	22.53		116.60	
Geoff Morrison	22.75	21.25	20.07	23.65	25.00		112.72	
Chris Howell	21.46	20.05	20.90	24.49(s)	24.49		111.39	
Richard Lynn	19.68	16.34	16.34	19.04	21.26		92.66	
Terry Russell	18.72		17.31	20.61	17.67		74.31	
Hamish Goodwin	25.00	25.00		0.00	0.00		50.00	
Alan Oates	15.60(s)	15.60					31.20	
Daniel McCormack		15.03					15.03	
Ross Morrison		0.00					0.00	
Bryn Davies				0.00			0.00	
Red Medium (Men)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Scott McDonald	19.47	19.22	18.79	25.00	22.03		104.51	
Peter Watson		25.00	25.00	24.75	25.00(s)		99.75	
David Fisher	16.32	15.19	22.89(v)	22.89	16.77		94.06	
Paul Smith	25.00	24.96		22.86	17.87		90.69	
Rolf Boswell	23.12	23.17		23.46	19.39		89.14	
Wayne Hosking		24.39(s)	16.78	24.39	18.12		83.68	
Keith Vincent	21.04	15.07	15.54	13.87	15.44		80.96	
Rob McDonald	0.00	23.21	16.55	20.71	17.32		77.79	
Ken Holst	18.85	19.48(v)		19.48	16.80		74.61	
Jack Vincent	21.47		16.46	0.00	25.00		62.93	
Jon Eames	13.23	17.14		17.19			47.56	
Stephen Dodd		22.43	0.00	21.38			43.81	
Daniel McCormack				13.59	17.82		31.41	
Bob Pocknall			10.98		16.70		27.68	
Wayne Lee		11.34		15.63			26.97	
Doug Matheson			13.88				13.88	
Keith Osborne				13.83			13.83	
Max Kerrison					19.76		19.76	
Colin Jones		0.00			13.64		13.64	

Orienteer of the Year points: 2004

Graeme Barrett	12.35	0.00					12.35	
Tom Fargher					0.00		0.00	
Red Medium (Women)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Amber Morrison	25.00	23.00	25.00	25.00	25.00		123.00	
Pamela Morrison	20.75	21.63	17.67	18.29	20.56		98.90	
Emma Watson	17.51	25.00	17.77	16.79	18.63		95.70	
Cara McDonald	16.12	20.12	12.85	18.76	19.23		87.08	
Erica Hobbs	15.34	19.98	19.98(s)	19.15			74.45	
Faye McDonald	15.05	15.64	13.04	15.47	13.22		72.52	
Caroline Watson	17.36	18.53					35.89	
Diane Lucas	11.09		0.00	17.02			28.11	
Hayley Oates		16.41					16.41	
Red Short (Men)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Alan Berry	25.00	25.00	25.00	10.74	22.64		108.38	
Stewart Hyslop	23.72(v)	21.25	21.75		23.72		90.44	
Philip Baker	17.30	13.58	12.54	7.20	19.09		69.71	
Brian Crawford	12.74	12.52	13.80	8.11	12.00		59.17	
Nigel Field	10.34	13.86		10.08	19.93		54.21	
Paul Steeds	0.00		13.75	19.54(v)	19.54		52.83	
Rob Pougrain		0.00	12.93	11.97	25.00		49.90	
Robert Spall	14.16	15.64	16.63	0.00			46.43	
Dave Smith	10.08	0.00	10.61	6.91			27.60	
Mark Hudson				25.00			25.00	
Craig Tuohy		21.00					21.00	
Phillip Mardon			16.00				16.00	
Graeme Barrett				13.86			13.86	
Max Kerrison				13.63			13.63	
Aari Barrett		0.00		11.95			11.95	
Colin Jones		0.00					0.00	

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Orienteer of the Year points: 2004

Red Short (Women)	Maratotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Sharon Mardon	24.54	17.13	19.64	22.85	22.99		107.15	
Catherine Howell	20.50	0.00	20.27	23.84	18.83		83.44	
Jennie Barrett	22.83		18.78	0.00	25.00		66.61	
Ruth Vincent	17.39		12.32	20.05	15.44		65.20	
Caroline Vincent	19.20		25.00	0.00	20.96		65.16	
Helen Watson		17.28	16.46		20.08		53.82	
Jo Eames	25.00	25.00		0.00			50.00	
Catherine Lee		18.41		25.00			43.41	
Orange (Men)	Maratotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Duncan Morrison	24.13	19.46	14.86	25.00	25.00		108.45	
Steve Armon	19.70	23.39	17.91	20.47	14.14		95.61	
Josh Nicholls	22.83	20.18	17.74	0.00			60.75	
Sam Eames	22.96	0.00	25.00				47.96	
Wayne Tristram	25.00		20.76				45.76	
Jim Spall	17.29		21.21				38.50	
Gary Patton			14.03		17.20		31.23	
Jules Double	14.52	10.92					25.44	
Mark Hazlehurst	15.64	0.00	9.71				25.35	
Darryl Taylor		25.00					25.00	
Pedro Becker		11.76			12.80		24.56	
Tom Myers	22.72	0.00					22.72	
Rory Turner				22.65			22.65	
Wayne Turner				21.90			21.90	
Henry Porter					14.89		14.89	
James Hinks			12.95				12.95	
Ted Sapsford		12.88					12.88	
Gary Gregory			10.68		0.00		10.68	

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Orienteer of the Year points: 2004

Orange (Women)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5	
Kate Morrison	16.92	21.30	20.94	20.94	23.55		103.65		
Rachel Goodwin	25.00	25.00		25.00	25.00		100.00		
Chloe Gregory	24.62	23.18	25.00	17.76	0.00		90.56		
Anna Blackmore	17.62		20.04	12.95	18.46		69.07		
Deborah Turner	0.00	17.15	11.11	16.34	23.30		67.90		
Sophie Eames	20.08	22.61	23.43	0.00			66.12		
Anna Powell	18.37	20.77	20.10	0.00			59.24		
Amy Dolden	17.89	0.00	23.64	14.91			56.44		
Hayley Tristram	22.82		22.96				45.78		
Lucy Macmillan	23.77		15.41				39.18		
Alex Hazlehurst	15.58			14.20			29.78		
Leanna Reynolds					17.64		17.64		
Patricia Larsen	12.65						12.65		
Sophie Fargher					0.00		0.00		
Yellow (Men)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5	
Chris McDonald	23.24	19.19	25.00	23.86	21.09		112.38		
James Hinks	14.02	22.51		25.00			61.53		
Ben Greenwood		20.59	15.70	13.57			49.86		
Daniel Weeks				17.74	25.00		42.74		
Sam Blackmore	20.97				17.59		38.56		
Gary Gregory	12.91	25.00					37.91		
Bill Blackmore	19.29				16.31		35.60		
Rory Turner	22.17		11.87				34.04		
Nic Harty		13.16		14.17			27.33		
Angus Mackenzie	25.00						25.00		
Brad Porter				13.40	11.31		24.71		
Stuart Field	15.97	8.43		0.00			24.40		
Jamie Brigham-Watson		23.23					23.23		
Murray Harty				21.11			21.11		
Oliver Watson	20.34						20.34		

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Orienteer of the Year points: 2004

Mark Hall	16.25						16.25	
Sam Warren		12.58					12.58	
Russell Dodd		12.26					12.26	
Yellow (Women)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Olivia Gregory	18.09	17.03	15.82	21.84	15.37		88.15	
Rochelle Sceats	25.00	0.00	25.00	17.17			67.17	
Avril Turvey		13.32	19.26	25.00			57.58	
Jaime Goodwin		25.00			25.00		50.00	
Katie Eames		17.62	20.39	0.00			38.01	
Elsa Vincent	11.82		18.60				30.42	
Gail Gregory			14.81		14.54		29.35	
Katie Taunton	14.05			15.11			29.16	
Vanessa Wiggins	11.24	15.98					27.22	
Sue Field	12.21			0.00	13.03		25.24	
Christine Spall		8.96	15.50				24.46	
Debbie Hudson				18.84			18.84	
Anna Powell					17.54		17.54	
Alex Hazlehurst			16.87				16.87	
Val Morrison			13.98				13.98	
Rosemary Wood	13.52						13.52	
Michelle Warren		13.37					13.37	
Nikki Harrington		13.16					13.16	
Cleone Armon	9.68						9.68	
Karyn Dodd					8.44		8.44	
Vicki Field		0.00					0.00	
Emma Jones		0.00					0.00	
Rachael Tuohy		0.00					0.00	
White (Men)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Jay Barrett	25.00	25.00	25.00	25.00	25.00		125.00	
Sean Morrison	15.88	10.07	21.29	11.77	12.62		71.63	

Orienteer of the Year points: 2004

Hayden Tristram	20.72	18.89	21.07				60.68	
Tom Wilson			20.68	9.02	20.32		50.02	
Richard Powell	9.02	8.71	8.29	8.28	10.48		44.78	
Russell Dodd			12.44	15.29			27.73	
Cam Barrett				19.39			19.39	
Blair Turvey		15.01		0.00			15.01	
Harrison Gregory		14.26					14.26	
Stuart Spall	11.24						11.24	
Andre Boland		11.13					11.13	
Paddy Wilson				6.90			6.90	
Ginge Wilson				6.89			6.89	
White (Women)	Maraetotara	Mission	The Slump	Tangoio	Rotoma	Arborfield	Total	Best 5
Kimberley Dodd		25.00					25.00	
Robyn Nicholls			25.00				25.00	
Avril Turvey	25.00						25.00	
Rebecca Myers				25.00			25.00	
Helen Howell		7.71	16.28				23.00	
Emma Jones	22.70						22.70	
Alana Mitchell	21.58						21.58	
Beatrice Hazlehurst		18.98	0.00				18.98	
Robin Wilson				13.80			13.8	
Christine Spall				12.61			12.61	
Caroline Howell		7.71	0.00				7.71	
Emma Blackmore			0.00				0.00	

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HAWKES BAY ORIENTEERING CLUB EVENTS 2004

DATE	EVENT	MAP	SETTER	VETTER	ASSISTANT
21-Jan	Street Series	Woodford	Jennie Barrett	Hamish Goodwin	
28-Jan	Street Series	Anderson Park	Richard Lynn	Paul Smith	
4-Feb	Street Series	Windsor Park	Cara McDonald	Rob McDonald	
11-Feb	Street Series	Park Island	Dave Fisher	Diane Lucas	
15-Feb	Club	Horseshoe Bend	Steve Armon	Alan Berry	
22-Feb	Frank Smith Trophy				
28/29-Feb	Kaweka Challenge	Kaweka Ranges	THE CLUB		
14-Mar	Katoa Po-night relays				
21-Mar	HBOC OY 1	Maratotora	Alan Oates	Stewart Hyslop	Ruth Vincent
4-Apr	HBOC OY 2	Mission	Wayne Hoskings	Ken Holst	Diane Lucas
9-12-April	Nationals	Manawatu			
17-Apr	Rogaine	Wansted	Geoff Morrison	Wayne Tristram	Club
23/24-April	NISS Championships				
25-Apr	Club	Te Mata Park	Nigel Field	Pam Morrison	Sue Field
9-May	HBOC OY 3	The Slump	Erica Hobbs	Dave Fisher	Deborah Turner
23-May	HB School Champs/Club	Rochfort- North	Rof Boswell		Faye McDonald
5-7 June	Queen's Birthday				
13-Jun	HBOC OY 4	Tangoio	Chris Howell	Paul Steeds	Keith Vincent
27-Jun	School Relays + Club	Rochfort-South	Geoff Morrison	Philip Baker	
18-Jul	Club (Winter H/cap Series)	Guthrie Smith	Richard Lynn	Sharon Mardon	
1-Aug	Club (Winter H/cap Series)	Te Mata Park	Graeme Barrett	Pamela Morrison	
15-Aug	Club (Winter H/cap Series)	Havelock Hills	Rob Poulgrain	Pamela Morrison	Fields
29-Aug	Club (Winter H/cap Series)	Pukeora	Aiden Ellmers	Emma Watson	Watson Family
19-Sep	Club event	Over the Hill	Derek Morrison	Craig Tuohy	Gordon Rogers
3-Oct	Club points champs	Rowe Rd C	Ruth Vincent	Terry Russell	Erica Hobbs
17-Oct	HBOC OY 5	Rotoma	Peter Watson	Maurice Lloyd	Watson Family
31-Oct	HBOC OY 6 (RK Challenge)	Arborfield	Hamish Goodwin	Alan Berry	Louise Goodwin
7-Nov	Wellington Champs				
14-Nov	HBOC Champs	Maratotara	Max Kerrison	Bob Pocknall	Amber Morrison
21-Nov	Wellington Relays				
28-Nov	Xmas Event	Lower Tuki Tuki	McDonald Family		Barrett Family



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