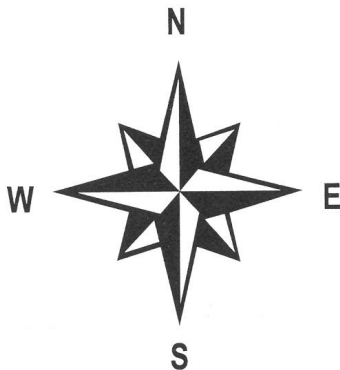


NOVEMBER - DECEMBER 2005

# COMPASS POINTS



Compass Points is the bi-monthly magazine of the Hawke's Bay Orienteering Club Incorporated.

Our Vision Statement – All people in Hawke's Bay will recognise Orienteering as a genuine sport or recreation, and will have the opportunity to experience and enjoy it.

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## EDITORIAL

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Hasn't it been a long time with no orienteering? The Christmas Event was at the end of November and the Street Series doesn't start until the beginning of February. With the exception of the few juniors who went to camp before Christmas, that leaves the rest of us with withdrawal symptoms. Unlike the last two summers with the Southern Six Day and the Oceania Carnival, no club organised anything this year, which means I've got a few more things done around our place than the last two summer holidays!

Geoff has run the local junior camp for the last four years (could be five???) but there are a few problems with getting coaches this year (read p13), which creates flow-on problems. Help from club members is vital, particularly the parents of those going to camp. If you/your child(ren) plan on attending camp and have not sent your application form to Geoff, please do so ASAP and also fill in the section which asks how you can help. Those who attend really improve their orienteering and have a great time getting to know other young, local orienteers so please help out to ensure the camp goes ahead. If you are able to manage the camp and co-ordinate things for Geoff please let him know.

# PRESIDENT'S REPORT

As read at the 2005 AGM.

Welcome everyone to the 2005 Annual General Meeting.

Traditionally my speech is a summary of the past year and how well the club is functioning. I'll try not to disappoint you.

The Club is very healthy and functioning well but it's not time to get at all complacent. The club only runs well because of the joint efforts of all of its members. I'd like to thank all members for their efforts from course setting, control collection, caravan manning through to toilet digging. It all helps in this labour intensive sport we chose.

The Kaweka Challenge, our major fundraiser for the year, was once again a huge success. Thank you to those members who served on the Kaweka committee and helped over the weekend. Doug is always looking for more helpers so if you can, you know who to contact.

Our major event for the year was hosting the Nationals. And was it major. Especially for Pamela, who took on the role of co-ordinator. She seemed to pick up a lot of other jobs along the way especially when Sportident came along. The whole weekend turned out to be a great success with a lot of positive feedback. My congratulations and thanks go to all the club members who contributed to the smooth running of the weekend.

From here we moved into the School phase of the year. Once again a lot of energy went into coaching and organising School teams. Geoff, Steve, Derek, Faye, Jennie, Jo and many others should be proud of getting so many kids exposed to orienteering. Your success can be measured by the number of North Island and NZ placings gained. Our own school champs saw record entries and Pamela made the day by exposing the kids to Sportident. Extending on from this 5 kids made the NZSS team and a number were on the fringe of selection. Hopefully this trend will continue but we need ideas of how to maintain this impetus.

On another tack, we had a Club Health Check – Geoff (neck), Max (hips), Paul (heart), Peter (stroke) and Derek (everything) have been failing for years but the club in general is running well. Sport HB, who ran the check, highlighted a few areas we can work on to improve the running of the club. Leading on from

this we held a Planning night to address a few of our weaknesses and we will be working hard next year on adult coaching amongst other things.

I'd like to thank the committee for all the work put in during the year. Pamela, as usual, has run the Treasury with total efficiency as well as co-ordinating the Nationals. She is a tireless worker and never seems too busy to help when I have a problem – mainly to do with the on going battle I have with the computer.

Ruth, who is retiring this year, has also done a great job as Secretary and we thank her for all her efforts over the past 4 years. Part of her job is organising and running everything this evening. Well done Ruth.

Geoff has continued as Club Captain and in charge of coaching. Geoff organises the Junior camp in January, he coaches at a number of schools and he organises HB teams for away fixtures.

Nigel has looked after fixtures – an eternal juggling act trying to match dates, maps and personnel all together.

Paul is the mapping liaison man, effectively serving on two committees and keeping us informed of mapping matters.

Rob (and Faye) have looked after the NZOF award winning Compass Points and we congratulate them on turning out our magazine.

Janet, Cara and Amber have rounded out the committee, quietly contributing to our monthly meetings.

Thank you all.

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Off committee we also have some hard workers. Jo Eames has turned the equipment job upside down. She really has made a difference to the caravan with everything well stored and accounted for.

Paul Smith looks after the HBOC website, as well as the NZOF website – for which he won an award and should be congratulated.

We also have Alan Berry, who has been in charge of Landowner Liaison, which entails contacting and thanking every landowner whose property we use during the year. A big job which Alan is relinquishing after several years. Hopefully I haven't missed anyone out.

Well that's all from me – I hope you all have a great Christmas and come back next year with renewed orienteering enthusiasm.

*Hamish*



## Committee News

We have a new secretary, so Kirsten Hughes will take over this column.

Not much to report really, with the only meeting in the last two months focusing more on the AGM and Planning Evening.

The Planning Evening went well. We hope this will become an annual event. See the minutes later in this issue.

*Ruth*

### CONGRATULATIONS

Mark and Debbie Hudson are the proud parents of Hayley Rose Hudson, who arrived at 12.27pm on December 15<sup>th</sup>. She was 2.7 kg and arrived three weeks early but Mother and baby are both doing well.

## ***CAN YOU HELP???????***

The Kaweka Challenge is on the weekend of February 25/26<sup>th</sup>. As a major fundraiser for the club we need plenty of people to help out in a variety of roles. If you are free that weekend, please ring Doug Matheson (8357082) and ask him what you can do to help, or if he gets to you first please say 'Yes, I can help', rather than leave it up to the usual volunteers. It's lots of fun. Alternatively, you can compete!



# COMING EVENTS JANUARY - FEBRUARY



## MARK YOUR CALENDARS NOW

### JANUARY

- 21<sup>st</sup> Akatarawa Attack. A MTB Rogaine. See information this issue.
- 30<sup>th</sup> Hawke's Bay Club Junior Training Camp begins.

### FEBRUARY

- 1<sup>st</sup> Street series #1. Woodford.
- 2<sup>nd</sup> Junior Training Camp finishes.
- 4 - 6<sup>th</sup> Waitangi Weekend, Rotorua. See entry form this issue.
- 
- 8<sup>th</sup> Street Series #2. Park Island.
- 12<sup>th</sup> Geoff's coaching. Rotoma. See 'Coaching Corner' this issue.
- 15<sup>th</sup> Street Series #3. Windsor Park.
- 18/19<sup>th</sup> The Tararua 24, incorporating the NZ Rogaining Champs, Wairarapa. For more information go to [www.mapsport.co.nz/rog/rogaine.html](http://www.mapsport.co.nz/rog/rogaine.html)
- 22<sup>nd</sup> Street Series #4. Stoney Creek.
- 25/26<sup>th</sup> Kaweka Challenge.



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Orienteering On-line at [www.nzorienteering.com](http://www.nzorienteering.com)

## NZOF NEWS – DECEMBER 2005

### CONGRATULATIONS MARQUITA

Following upon her outstanding 4<sup>th</sup> in the Middle Distance final at the World MTBO Championships in Slovakia, **Marquita Gelderman** has been awarded a Performance Enhancement Grant by the New Zealand Academy of Sport. The funding will assist Marquita in her quest to do even better in international events in 2006.

### WELL DONE DUNEDIN

And on the subject of mountain bike orienteering, appreciation goes to Dunedin OC for successfully hosting the 2005 NZ Championships on an exciting new map at Naseby.

### APOLOGIES, TANIA

And on the subject of podium finishes at world championships, Marquita Gelderman's 4<sup>th</sup> was NZ's first at a senior championship (see NZOF News, October) but not NZ's first at a championship where individuals are officially selected to represent NZ. Tania Robinson achieved a 5<sup>th</sup> placing at the Junior World Championships in Finland in 1991.

### NZOF APPOINTMENTS

**Clem Larsen** has been appointed High Performance Director for 2006, upon the resignation of Michael Wood. NZOF thanks Michael for his pioneering contribution in what was at the time of his appointment a new position.

**Darren Ashmore** has been appointed Coaching Director for 2006, upon the resignation of Graham Teahan. NZOF thanks Graham for his term in this position.

### SPONSORSHIP FOR WOC 2006

Access Immigration NZ Ltd have agreed to provide sponsorship for the New Zealand team for the 2006 World Championships in Denmark. NZOF thanks Access Immigration for its support of orienteering.

### MAPSPORT SHOP SUPPORT

NZOF also acknowledges the continued support for high performance orienteering by The MAPsport Shop. This support is through both the SuperSeries Land Travel fund and direct donations to the National Squad. Thank you to Michael Wood for his generosity.

### NEW SUPPORT FOR SUPERSERIES

NZOF is pleased to announce that air travel for the four remaining rounds of the 2005/06 SuperSeries have been fully funded by Pub Charity. NZOF thanks Pub Charity for its support of orienteering.

### NZOF HEALTH & SAFETY POLICY

The NZOF for some years has had various health and safety schedules such as those for Hazard Identification, Emergency Procedures, and Search and Rescue Procedures. At its meeting on 26 November, the NZOF Council endorsed a Health & Safety Policy which overarches these schedules plus additional ones dealing with the Health and Safety in Employment Act, Criminal Nuisance,

Transfer of Risk, Value of Incorporation, and the Role of Event Controllers. The new policy will appear on the NZOF website in the New Year.

#### **REGIONAL FORUMS**

As part of the implementation of the new Strategic Plan, regional development forums, organised and funded by the NZOF, have been held for the Wellington area, the South Island and the Central Districts area. The last of the four forums, that for the Auckland area is planned for February.

#### **NZOF AGM 2006**

The 2006 Annual General Meeting will be held on Saturday 15 April at Nelson, in conjunction with the New Zealand championships. Venue and time to be confirmed. Remits for the meeting must be with the General Manager no later than Thursday 19 January 2006.

#### **VACANCY: NOS COACHING COORDINATOR**

Applications are invited for the position of Coaching Coordinator of the National Squad. This is a two year appointment through to the completion of WOC 2007. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 30 December.

#### **VACANCY: MEDIA OFFICER**

Applications are invited for the position of NZOF Media Officer. This is a one year volunteer appointment. The primary role of the Media Officer is to foster and promote orienteering through the various forms of media in New Zealand.. A fax machine is available and direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 30 December.

## **INTERIM SQUAD** for **JUNIOR WORLD CHAMPIONSHIPS 2006** Druskininkai, Finland, 2-7 July

#### Women

Lizzie Ingham	Wellington OC
Kate Rea	Orienteering Hutt Valley

#### Men

Simon Addison	Hamilton OC
Simon Jager	Auckland OC
Sam McNally	Rotorua OC

#### Manager/Coach

Neil Kerrison

Selection to the final team will follow trials over Waitangi Weekend and will consist of a long distance on Day 1, sprint and middle distance on Day 2 (exact details to be confirmed). Trials are open to any junior wishing to be considered for selection to the final team; selection to the interim squad has been restricted to those with recent results of a high enough standard and others performing at a suitable standard will still be considered following the trials.

Marquita Gelderman

Convenor, NZOF Selection Panel



# HAWKES BAY ORIENTEERING CLUB INC

## 2005 TROPHY AND CERTIFICATE WINNERS

### Proficiency Certificates

(For children who completed three courses by themselves during the year.)

<b>Craig Sceats</b>	<b>Jayden Hughes</b>
<b>Philippe Grooby</b>	<b>Thomas Jenkins</b>
<b>Anna O'Leary</b>	<b>Kenneth Muir</b>
<b>Hamish Muir</b>	<b>James Patrick</b>
<b>Angus Fuhrer</b>	<b>Paddy Wilson</b>

### Orienteer of the Year

White	Women	<b>Hannah Boekhurst</b>	
	Men	<b>Brett Sceats</b>	
Yellow	Women	<b>Olivia Gregory</b>	
	Men	<b>Jay Barrett</b>	
Orange	Women	<b>Jaime Goodwin</b>	
	Men	<b>Rory Turner</b>	
Red Short	Women	<b>Kate Morrison</b>	
	Men	<b>Duncan Morrison</b>	
Red Medium	Women	<b>Pamela Morrison</b>	( Watson Trophy)
	Men	<b>Jack Vincent</b>	
Red Long	Men	<b>Mark Hudson</b>	( Bee Trophy)

### Club Championship

M10	<b>Sean Morrison</b>
W12	<b>Katie Eames</b>
W14	<b>Olivia Gregory</b>
M14	<b>Chris Mc Donald</b>

W18	<b>Cara McDonald</b>
M18	<b>Scott McDonald</b>

W Novice	<b>Sally Haslett</b>
M Novice	<b>Brett Sceats</b>

W Open B	<b>Anna Powell</b>
M Open B	<b>Rory Turner</b>

W40	<b>Faye McDonald</b>
M40	<b>Terry Russell</b>

M50	<b>Maurice Lloyd</b>
W50	<b>Deborah Turner</b>

M60	<b>Alan Berry</b>
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W Open	<b>Rachel Goodwin</b>	( Lloyd Cup)
M Open	<b>Hamish Goodwin</b>	( Nicholson Cup)

### Clipper Challenge Trophy

Most points scored at badge events

**Duncan and Derek Morrison**

## Heather Mardon Trophy

Most meritorious performance – women

**Jenny Barrett** 1<sup>st</sup> NZ Middle-W40as

## Mark Hyslop Trophy

Most meritorious performance – men

**Chris Howell** Trifecta over the Area champs 1<sup>st</sup> CD, 2<sup>nd</sup> WOC, 2<sup>nd</sup> AOC

## Junior Cup - Men

Most meritorious performance – junior men jointly won...

**Scott McDonald** 1<sup>st</sup> AUS SS Junior boys

**Ross Morrison** 5th in qualifying round JWOC

Merit certificate-

**Jack Vincent** 1st NZ Long M16

## Junior Cup – Women

Most meritorious performance – junior women

**Rachel Goodwin** 2<sup>nd</sup> AUS SS Junior girls

Merit certificate –

**Kate Morrison** 1<sup>st</sup> Tas Champs W14

## Charles Dook Cup

Services to the Club

**Pamela Morrison** Treasurer, organizing Nationals 2005, OCAD work, ident overviewer

## Robbie Smith Cup

Day Relay Champions

**Ross/Jack/Scott** 1<sup>st</sup> Nationals relay

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## Night Relay Shield

Night Relay Champions

Nil

## Score Event

Junior Women **Cara McDonald**  
Women open **Jo Eames**  
Veteran Women **Deborah Turner**

Junior Men **Rory Hart**  
Men open **Chris Howell**  
Veteran Men **Steve Armon**

## Vincent Cup

Most Improved Orienteer

**Lydia Parker**

# HAWKES BAY ORIENTEERING CLUB INC

MINUTES OF ANNUAL PLANNING MEETING HELD  
AT PERNEL ORCHARD, PAKOWHAI RD, HASTINGS  
7:30pm FRIDAY, 16<sup>th</sup> NOVEMBER 2005

## PRESENT

Chair :Paul Dalton NZOF Vice President

Members: Hamish Goodwin, Philip and Sharon Mardon , Ruth Vincent, Pamela and Geoff Morrison, Paul Steeds, Rob McDonald, Nigel Field, Steve Armon, Brian Crawford, Stewart Hyslop, Derek Morrison, Kirsten and Alan Hughes, Alan Berry  
Juniors: Rachel Goodwin, Sean Morrison

## 1. FIXTURES

Summer series:

- Presently 4 in the series, a longer series this year worked well.
- It makes it easier to get school kids along as it extends more into school year.
- Good to always be on the same night as helps to be consistent.
- *Extend to 6 night events with an overlap with the Sunday programme. More promotion needed.*

Winter handicap/Score events:

- Watch for boredom, some resistance to long series with no "real orienteering".
- With the courses being only 1 hour, members don't always catch up with one another. A mass start would help the social aspect.
- Handicaps help those who wouldn't always be winners.
- *Perhaps shorten the series with break in middle for club event.*

Super vet class?:

- B Crawford put forward a suggestion that those older red competitors who wish to stay doing red courses could be given an option to do a short red short course.
- The intention is not to make it harder for the setters. Maybe miss out one or 2 controls with a penalty of 10 minutes added to the completion time and therefore not finishing with a dnf.
- *General agreement followed that Brian should develop the idea to put forward to the committee and then the club.*

## 2. COACHING

Should not be left to a single club member and should be seen as everyone's issue

Adults:

- Presently there are many adult novices, with no sustained training available.
- Single events this year (and those in the past) have had varying responses.
- Publicity and timing are the issue.
- Adults often find it hard to ask for help, especially at events.
- More continuity and reinforcement needed.
- *Maybe trial a buddy system, that established individual needs. A list of volunteers is sought. The Club captain may need to only then coach the buddy-coaches. A suggestion to leave out controls for later revisiting or the following day in summer.*

#### Junior coaching:

- Some schools in the area have better coverage than others.
- When there isn't a parent or especially a teacher contact at the school it is hard to circulate information. Is there a succession plan for those that move on?
- A separate issue is also how to get those interested individuals to events if there isn't adult support.
- *Has the time come to look at paying for coaching visits to those schools that aren't covered by present membership?*

#### School development:

Connected idea to previous issue

- Low barriers help junior casuals to attend up until the time of National School Champs.
- Need an advocate at each school.
- Napier a gap especially at Intermediate and below.
- How do we maintain membership and interest in the sport for those who move onto University and beyond?
- We tend to lose kids who no longer have family in the Bay.
- It was noted that not many elites come from HB as they move on too early.
- *Develop strategy for advocates in all key schools.*
- *Establish some succession planning for those schools with members in them.*
- *Make it a job description for a committee member to keep up to date addresses and contacts for those who wish to stay with HB.*

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### 3. CLUB SUPPORT

#### Junior subsidies:

- Should we continue to subsidise juniors to attend National and Local camps. We presently pay half the costs to one camp.
- The national camp is quite dear compared with the local one. It was seen as a more favourable support venue.
- *Perhaps look at capping at a per person \$ value.*
- *Committee to also consider subsidies for other events. This may include for JWOC, Southern Cross challenge or camps.*

#### Social events:

- *Look a one at midyear*

### 4. EQUIPMENT

#### Sport ident:

- Big financial commitment
  - Hireage is always possible.
  - Is it a good use of personal time?
  - *Decision not to purchase at this time.*
- ||



- *We need to build up our capabilities to use the hire equipment and have more people able to manage it.*

#### Club uniforms:

- Debate about the home made look versus the “professional” image.
- Junior members often aren’t in favour of it.
- Too bright!
- Some members not aware of any problems.
- *Look at the Counties Manakau club costs for their uniforms. Maybe a job for the juniors.*
- *Look at advertising to lower costs*

#### Caravan:

- Been on the list for a few years.
- WOF increasingly difficult to obtain.
- Problems with lack of tow bars and heavy trailers.
- *Buy a van. More visible and user friendly. Next year?*

#### Event management:

- Some events are worthy of a more professional image. Tenting and signage.
- Is this the way to attract more “high calibre” competitors.
- What about the families who enjoy the user friendly way it is? Would they be put off?
- *No real conclusion. Discussion open.*

### **5. PARKING LOT**

*(Additional item brought up and not fully discussed.)*

- Funding volunteers. We need to monitor the outcome of the WOA/regional investigation on this issue
- *Committee to consider its implications and feed back to WOA as necessary.*

### **6. WAY FORWARD**

*Committee to look at each issue and establish a priority.*

*Some issues will need to be dealt with within a subcommittee.*

*Check all issues in association with the NZOF Strategic plan.*

*Note: the tasks and or conclusions from each topic are generally in italics*

*\*Make Achievable*

*\*Assess ongoing issues and maintenance of the decisions*

*\*Whose Responsibility*

*\*Timeframed*

Paul was thanked for his contributions, as was all those present.

Meeting closed at 9:40 and concluded with supper.

# Coaching Corner

**Coaching sessions** will be available before the season gets under way, which will be a great way to start the new season. There will be two practice sessions, one in February, and one in March. This is a great opportunity to gain skills so you can step up a grade, or even improve in the grade you are running.

Exercises will be set, with more experienced orienteers taking lesser ones under their wing and providing them with some one-on-one coaching. Things we will be working on will be basic functions such as map interpretation, (especially understanding contours), course and leg organisation, (systems such as CARE), and compass work. The idea is to get your technique right, and then for you to work on them at future events. Hopefully, the experienced orienteer working with you will then mentor you during the year.

The sessions will go from 10.30 to 12.30 and we will make a white course available as a baby-sitter!

---

February 12, Rotoma

March 19, Rotoma

**Junior camp** starts on January 29<sup>th</sup>, so don't forget to get your entry in. This year I am having difficulty getting coaches as another orienteering camp (national development) has drained my sources. This means that coaching could quite conceivably come from within the club, which is no problem, but it will mean I will need someone to manage the camp if I commit to coaching. If you can help, give me a call.

Geoff

# Volunteer of the Month

## November

## Jo Eames

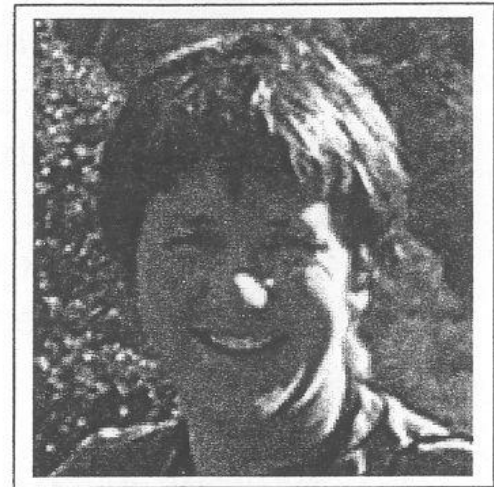
Jo has been nominated because of the great job she has done as Equipment Officer since taking over the job at the start of 2005. Everyone has noticed a difference inside the caravan, with new containers, a compass board, a caravan check-list for users and a place for everything and everything in its place. An organised caravan makes life easier for us all.

**How long have you been Orienteering?**

Six years

**How did you get involved in Orienteering?**

Through Geoff Morrison, whilst he was building a second storey on our house and tried very hard to get us to come along to a Sunday event. Eventually we tried, about three years later, and were immediately hooked.



**What do you remember about your first event?**

Getting very lost following a fence.

**What course do you usually run?**

Red Short

**What do you enjoy about Orienteering?**

The challenge, the outdoors, keeping fit and being able to compete as a family. Meeting and competing with other families.

**If we met you during the week what would you be doing / what's your job?**

Physiotherapist – treating all the injured bodies from Sunday O events!

# Volunteer of the Month

## December Faye McDonald

Faye and Rob took over as Editors of 'Compass Points' in 2003 but by 2004 it had basically become Faye's job although Rob still helps out, especially on the technical side eg anything to do with photos! The magazine comes out every two months, which usually means one REALLY busy week prior to printing. Faye enjoys the job, except for people who are late with articles because that makes life very stressful.

### **How long have you been Orienteering?**

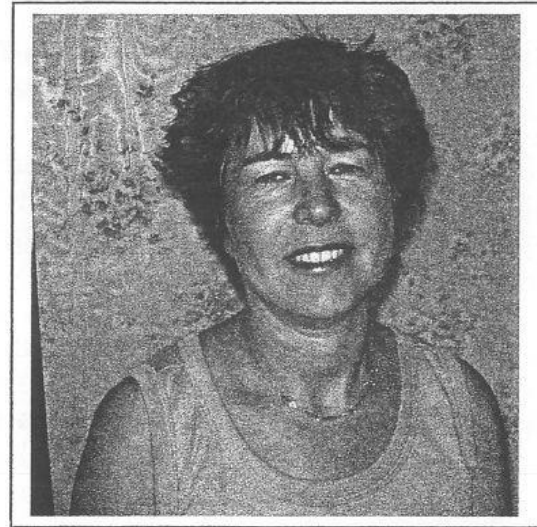
We started at the beginning of 1999, so it's 7 years.

### **How did you get involved in Orienteering?**

Rob had been orienteering many years previously and thought the family were about the right age to have a go, so we saw an advertisement in the paper and went along to a Sunday event.

### **What do you remember about your first event?**

It was at Raretu on a stinking hot February day. We all did Yellow courses, with Rob taking the boys and Cara trying her luck with me. Rob and the boys made it round OK, but, knowing nothing about Orienteering I'm afraid I did take a wrong turn towards the end and made Cara trudge much further than necessary. It was VERY hot and the kids weren't that impressed but I could see the attraction and we were regulars from then on.



### **What course do you usually run?**

Red Medium or Red Short.

### **What do you enjoy about Orienteering?**

I enjoy the fact that it's a family sport that we can all do at our own level, and the fact that there is a level for everyone. Every course is a challenge and I'm always hoping for a decent run, which does occur sometimes and keeps me hanging in there on the other days when I've really done something incredibly foolish. It's the only exercise I do, so I know it's good for me to go plodding round the hills. We've been to some great places and all of us have made good friends from Orienteering, especially the kids, who have friends from throughout NZ and Aust who are all great people. There are so many decent people involved – I never lock our car at O events and I enjoy chatting to people afterwards about their courses.

### **If we met you during the week what would you be doing / what's your job?**

Secondary School teacher. I work part-time at two schools – Karamu High and Westmount (Exclusive Brethren).



## HAWKE'S BAY ORIENTEERING CLUB 2006 JUNIOR TRAINING CAMP

This camp is again being held from January 30 – February 2, 2006 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 30. 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 27, 2006.

### 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

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**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?**

# HAWKE'S BAY SECONDARY SCHOOLS SPORTS AWARDS

On Monday 7<sup>th</sup> November a fantastic line up of Hawke's Bay Secondary School sporting talent was assembled at the Century Theatre for the annual ASB awards. Over the last few years Orienteering has had a major presence and this year was no different. Orienteering had 4 nominations in the HBSS Sportsperson of the Year Award and 3 nominations in the HBSS Team of the Year award.

Napier Girl's High Intermediate O team, Napier Girl's High O team and Havelock North Girl's O team were all nominated in the teams section with the HNHS girl's O team winning a Merit Award.

Four of the five HB members of the NZSS team to Australia were nominated by their schools for the Sportsperson of the Year award. They were Rachel Goodwin (Iona), Kate Morrison (Napier Girl's), Scott McDonald (Karamu) and Jack Vincent (Havelock). For this award over 40 students were selected from the many nominations received, covering 22 different sports. Scott received a Merit Award with the overall winner being Westley Gough of Central HB College (a member of the NZ Junior Men's 4000m cycling pursuit team that won at the World Championships). The standard was so high that just winning in NZ was not enough for a Merit Award as the 12 Merit Awards went to students who had performed at the top of their sport overseas and the overall winner was a world champion!!

In December Scott found out he was a finalist in the 2005 SPARC Future Champions Awards. Each year SPARC announces the top male and female competitors in their respective sports in secondary schools throughout NZ (last year Amber Morrison was the female Orienteering Champion) and Scott has done well to be named a finalist as a Year 10 student. For 2005 SPARC awarded the top 'Champion' awards to Lizzie Ingham and Sam McNally, 'Highly Commended' went to Simon Jager and Tessa Ramsden and 'Finalist' awards went to Scott, Nicola Peat, Georgia Whitla, Thomas Higgins and Tom Robinson.



Jack, Scott, Kate, Rachel and members of the Napier Girl's High Orienteering team.

# SOMETHING NEW FOR 2006

## Red Short V (RSV)

This year we are introducing a new option on the Red Short course called RSV.

Competitors on Red Short may omit any control(s) they wish to, but will be penalised 10 minutes for each control not punched which will be added to their running time. They will not be marked DNF provided they have marked their clipcard Red Short V (RSV) before they start their course.

It is an option available to any competitor doing Red Short who finds that they are spending too long on the course because, for instance, of steep terrain or distance.

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## **SCHOOL CO-ORDINATOR**

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Each year the HBOC runs two events just for school children – the School Championships and the School Relay Championships. The committee is looking for a volunteer to co-ordinate both these events. This doesn't mean doing all the work or setting the courses it means being the person who makes sure everything that needs to be done gets done eg putting up tents, organising certificates. There are always plenty of people to help set up and look after things but we need someone to oversee it all. There are people who have done it before who can give you advice and help. If you think you could help out in this way please ring Hamish (Mr President 874 9383). He'd love to hear from YOU.





Announcing the...

# Akatarawa Attack

**A MTB Rogaine in the wilds  
of the Akatarawas – a huge  
area of bush between Upper  
Hutt and Paraparaumu**

**8hrs or 4hrs**

**Sat 21 Jan 2006  
Anniversary Weekend**



NZ's Sprint-O, MTBO and Rogaine Pioneers

**What is it?** A rogaine is a navigation adventure for teams of 2-5. You score points by visiting locations marked on a map, within your chosen time period. Its a long-distance branch of orienteering. The famous Cyclic Saga in Canterbury is a MTB-rogaine..

**Where is it?** Wellington MTB-orienteers have talked for ages about a Saga-type event in the Akatarawas – a huge area of bush between Upper Hutt and Paraparaumu. The Karapoti MTB race goes through part of it, but there's much much more!

**Who can Do It?** Anyone 16 or over. The area is rugged and remote and you need to be able to deal with simple bike repairs OR be prepared to hike out! There will be some compulsory gear items.

**What Happens on the Day?** Start location (20min from Upper and Lower Hutt) and times will be on the web. Turn up an hour before the start. Everyone gets a map – our own creation resulting from days of exploration and cartography. You choose what you can achieve, and ride your chosen route. Each point has a simple question to prove you were there. Hand in your answers at the end and enjoy a barbeque.

**How do I enter?** Entry forms by mid December on the website below, and in selected bike shops. It won't have a flash price – we're putting our effort into an accurate map of this fantastic area, not into prizes. You'll end up with the best map there is of the fabulous Aka's!

More Information? MTB-Orienteering has its own website [www.mapsport.co.nz/mtbo/mtbo.html](http://www.mapsport.co.nz/mtbo/mtbo.html). Or contact Michael Wood Ph 04 566 2645 [michael.wood@mapsport.co.nz](mailto:michael.wood@mapsport.co.nz)



# Waitangi Weekend 2006

4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> of February

## Super Series Spectacular

In the Rotorua Area

Entry Form

Every individual that enters before January 8<sup>th</sup> goes into the draw to win a night for 2 at the Birchwood Spa Motel!

The prize is for Sunday 5<sup>th</sup> February, for 2 people in a studio unit with personal spa bath. Will be drawn at the conclusion of the elite relay on Saturday and winner must still be present to claim prize.

Every individual that competes in the sprint race on Sunday goes into the draw to win \$100 worth of Westfield gift vouchers.

Prize will be draw at the conclusion of the Elite sprint race and winner must still be present to claim prize.

Other spot prizes to be drawn at random to finishers

plus

Enter all 4 races and only pay for 3!!

Event put on by National Squad members as a fundraiser.  
Thanks to Rotorua OC for their maps and support.

## Itinerary

### Saturday 4<sup>th</sup>: Shirley Lakes

Super Series Elite Middle

JWOC Classic Trial Race (also Junior League)

**Race 1**, four red courses and a yellow course to choose from.

Super Series Man – Woman – Man Relay

### Sunday 5<sup>th</sup>: Redwood Forest

Super Series Elite Sprint

JWOC Sprint Trial Race (Junior League)

**Race 2**, four red and a yellow to choose from

### Waipapa

Super Series Elite Chasing Start, Games Distance

JWOC Middle Trial Race (Junior League)

**Race 3**, four red and a yellow chasing start race(s)\*

\*(chasing start can be avoided if preferred)

### Monday 6<sup>th</sup> Shirley Lakes

Super Series One Man Relay (Elite and Junior)

**Race 4**, four red and a yellow Hageby style courses (loops).

## Course / Grade recommendations

Course	Men	Women
Red 1	21A , 35, 40, 45	
Red 2	16, 50, 55	21A, 35, 40, 45
Red 3	60, 65	16, 50, 55
Red 4	70 +, (skilled 14)	60+, (skilled 14)
Yellow	Open B and Juniors	Open B and Juniors

You can enter under any course, the estimated winning times for each course for a M40 are as follows (very rough estimate but you get the idea)

Race	Red 1	Red 2	Red 3	Red 4
Sat	50	40	30	18
Sun Sprint	15	12	10	8
Sun Chasing	35	30	25	15
Mon Loop	60	48	36	25

## Costs

Each race: Senior \$10, junior \$7

Each person not affiliated to the NZOF must pay a 25% single event levy for each race.

**Enter!** Please print very clearly

Contact name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Enter grade if entering Elite Super Series (M/W 21E) or the JWOC trial races and/or Junior League (M/W 20E)

Otherwise please enter which Course you wish to enter (Red 1/2/3/4).

This event is using Sport Ident electronic control punching, if you do not have a Sport Ident card please add \$3 per race to hire one and put HIRE under Sport Ident #.  
(The enter all 4 and only pay for 3 applies to this as well)

Name	Club	Year of Birth	Sport Ident #	Course Race 1	Course Race 2	Course Race 3	Course Race 4	Total Cost

Enter all 4 and only pay for 3!

Elites entering the relay add \$5 to total cost, tick here

Program and Results will be available on website for free, add \$3 for each if hard copy required - tick here for hard copy program  results

Total Cost: \_\_\_\_\_

Make Cheques payable to:  
Or deposit with contact name as details to:

**Northern Orienteering Team**

Northern Orienteering Team  
ANZ, Albany Branch  
01 - 0277 - 0122561 - 00

Send This to: Greg Flynn  
18 Victoria Ave  
Morrinsville

Entries Close 20<sup>th</sup> January 2006, late entries may be accepted but will have to mark their own map.

## **A Day in the Life of a Controller – John Colls**

There are some who think that the controller of an orienteering event need concern himself or herself only with topics such as whether the map is accurate, whether controls are correctly sited and described, and whether courses are of suitable length and technical difficulty.

These matters are a vital part of any controller's job, but they may paint much less than the full picture. I had such an experience during 2005 whilst controlling one of the events at the Scottish 6-Days on Royal Deeside.

Most of the RD2005 races were at venues that in Australia would be called state forest but I found myself assigned instead to the race on part of Her Majesty's Royal Estate at Balmoral. This may have been to allow me every opportunity to deploy my well-known diplomatic skills to the full, especially given that the Royal Family were to be in residence at the time of the event.

The latter factor immediately brought unusual considerations into play. Suppose the Queen entered W75 and ran well. Should I award her a badge or disqualify her for prior knowledge of the terrain? If the latter, would it be treason? And what about the corgis and the 'no dogs' rule?

As things turned out, HM Queen could not be found amongst the 3,000-plus pre-entries and our official briefing for race-day was merely that she might turn up or might not. If she came we were to give her a free EOD (and VIP parking), but not otherwise put ourselves out. In fact, our only encounter was with Princes William and Harry and their minders a couple of days earlier when we were taping a marked route. PW's house was on the map but marked (in royal purple, what else?) as OOB.

A much larger OOB was Prince Charles' mansion at Birkhall together with about 2 sq km of its immediate surrounds. This effectively meant that the competition map was doughnut-shaped, with Birkhall as the big hole in the middle. Such a shape caused plenty of planning problems in its own right. To compound the controller's challenge, PC then decided to marry Camilla and spend a month at Birkhall on honeymoon – just when we were trying to finalise map corrections and courses. Not surprisingly, the area was crawling with security – both local police and plain-clothes guys from London – and I found myself stopped several times a day to justify why I was in the vicinity.

My presence, car-registration and so on had all been cleared beforehand with the Balmoral Estate Office and the details presumably passed by them to the police because I was allowed to get on with my job each time after being quizzed. I assume the police were asking 'Dorothy Dixers' and were happy enough when my answers tallied with what they were expecting to hear.

That was far from the only hassle. A couple of months earlier we had discovered that there is an osprey's nest right in the middle of a crucial piece of terrain (next to the forest road along which the Queen Mother used to drive to church for those who recall the traditional pictures on TV).



As all Yarra Valley members will be aware, any osprey is a Schedule 1-listed bird in the UK under EU legislation. This means that it is a criminal offence knowingly to allow its habitat to be disturbed – even for a ‘commoner’ osprey never mind a ‘royal’ osprey.

Since the controller was disinclined to watch RD2005 from inside the local slammer, this inevitably then led to negotiations with Scottish Natural Heritage (SNH) and the Royal Society for the Protection of Birds (RSPB) as to the size of the exclusion zone we would have to allow round the nest. Fortunately, SNH (the statutory authority) eventually agreed to ‘200m radius OOB, perimeter to be taped’ – another 50m would have wrecked the event because of other terrain constraints.

SNH’s decision effectively sidelined the RSPB, but – to keep ourselves on the right side of the EU legislation – we still had to notify the local police in writing of the action taken to avoid ‘disturbance’. Even on race-day we faced the possibility that zealots from the RSPB might turn up and try to stop the race.

The ideal solution to the osprey problem would have been to re-route courses well away from its nest-site but that was impossible without access to terrain on the estate adjoining Balmoral. But access there was refused, less we believe because of any antipathy toward orienteering but rather because the two estates have not been on speaking terms for the past 150 years! Apparently Queen Victoria pushed through some fairly dodgy land deals at the expense of the local landowners when she first took a shine to Deeside back in the 1850s – and the memory lingers on.

Ultimately, all these skirmishes were but preliminaries to the Battle of the Pheasants that erupted just a few days prior to the event – and after 3,500 competitors’ maps had been overprinted. It illustrated the British class system (or pecking order?) in all its feudal glory. A new stock of young pheasants was suddenly to be introduced to a hitherto empty pen near a couple of control-sites and competitors would have to be kept away for fear of disturbing them.

In fairness, I suppose you can’t have the birds being scared to death before you shoot them – not much sport in shooting a dead pheasant, what ho!

After several days of tense negotiations, during which I thought I might have to Petition Her Majesty, commonsense finally prevailed and Her Right-Hand Man decreed that the pheasants’ arrival be delayed by 48 hours – so they would arrive the day after the race rather than the day before.

Even now the controller could not rest easy. Amongst the contingency plans for the Scottish 6-Days is helicopter evacuation of a seriously ill or injured competitor. But with the Queen in residence at Balmoral, would such a helicopter (a) be shot down and/or (b) trigger a security alert across the whole of NW Europe?

On being assured that the answer was ‘No’ on both counts, the controller could at last revert to verifying (a task that took him about 18 hours spread over 5 days) that each of the 144 controls had been placed in exactly the right spot and correctly numbered and described.

# WELLINGTON CHAMPS

5th and 6th November

30 Hawke's Bay club members competed in the 2005 Wellington Championships on the Kaikokopu maps in the southern Manawatu coastal sand dunes. As we have now come to expect there were many fine performances from club members right through the grades.

The undoubted highlight was Ross Morrison's victory in the Men's Elite Long distance race. This seems to be the first time a Hawke's Bay club member has won an Elite grade at this level of competition. (If long time club members can remember any earlier win please let me know.) To prove that his victory was no fluke he also finished a close 2<sup>nd</sup> in the Middle distance the next day.

Other victories included Rachel Goodwin (both W16A Middle and Long distance), Hamish Goodwin (M40A Long), Duncan Morrison (M14A Long), Derek Morrison (M50A Middle), Faye McDonald (W40AS Long), Mark Hudson (M21AS Long), James Watson (M18A Middle) and Jaime Goodwin (W14A Middle). Other notable performances came from Jack Vincent who finished 9<sup>th</sup> in the M21E Middle Distance, beating some of the Elite runners, Chris Howell with a 2<sup>nd</sup> and a 3<sup>rd</sup>, Lydia Parker who repeated Chris's results, Olivia Gregory and Sean Morrison. It was also great to see the Watson men, Peter, James and Oliver, back in action again as well as the father and daughter team of Terry and Jenny Russell.

Huge thanks are due to the Inghams, Malcolm and Gillian, for their efforts in providing the courses. While the areas used for most courses seemed relatively straightforward and rewarding for the strong runners amongst us, the constantly changing vegetation types and good course setting still provided traps for the unwary.

*Rob*

# EVERTREE

## Hawkes Bay Club Champs

13<sup>th</sup> November 2005

Setter: Steve Armon

Vetter: Geoff Morrison

<b><u>Men's Open</u></b> 7.2km 415m climb	
Hamish Goodwin	74.05
Jack Vincent	76.11
Chris Howell	78.54
Mark Hudson	84.28
Derek Morrison	85.40
Rolf Boswell	92.45
Keith Vincent	125.16

<b><u>Women's Open</u></b> 5.0km 240m climb	
Rachel Goodwin	61.23
Chloe Gregory	74.09
Pamela Morrison	76.21
Emma Watson	80.25
Kate Morrison	83.25
Lydia Parker	92.14

<b><u>Men's 40</u></b> 5.0km 240m climb	
Terry Russell	66.35
Jon Eames	67.40
Richard Lynn	76.25
Doug Matheson	84.28
Peter Watson	86.26

<b><u>Men's 50</u></b> 5.0km 240m climb	
Maurice Lloyd	64.36
Ken Holst	74.01
Rob McDonald	80.02
Norris Cox	81.29
David Fisher	93.48
Colin Jones	96.45

<b><u>Men's 18</u></b> 5.0km 240m climb	
Scott McDonald	57.29
Duncan Morrison	61.04
Sam Eames	77.22
James Watson	83.06
<b><u>Unofficial Red Medium</u></b> 5.0km 240m climb	
Wayne Hosking	80.13
Steve Redden	80.22

<b><u>Men's 60</u></b> 3.19km 155m climb	
Alan Berry	60.10
Stewart Hyslop	65.31
Paul Steeds	76.24
Philip Mardon	93.26
Brian Crawford	105.30
Dave Smith	113.28

<b><u>Women's 40</u></b> 3.19km 155m climb	
Faye McDonald	58.05
Ruth Vincent	70.51
Catherine Howell	85.43

<b><u>Women's 50</u></b> 3.19km 155m climb	
Deborah Turner	78.51
Sharon Mardon	89.29

<b><u>Women's 18</u></b> 3.19km 155m climb	
Cara McDonald	65.56

<b><u>Unofficial Red Short</u></b> 3.19km 155m climb	
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Gary Patton	56.02
Colin Tait	73.21
Philip Baker	73.36
Gillian Watson	132.16

**Men's 14** 3.73km 175m climb

Chris McDonald	61.03
Mitchell Turner	71.48

**Women's 14** 3.73km 175m climb

Olivia Gregory	49.22
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**Men's Open B** 3.73km 175m climb

Rory Turner	40.03
Neville Smith	44.03
Gary Gregory	46.17
Allan Hughes	46.24
Matt Balmer	47.16
Grant Edmonds	53.45
Murray Richardson	54.50
Mark Irwin	55.23
Wayne Turner	68.50

**Women's Open B** 3.73km 175m climb

Anna Powell	55.44
Emily Irwin	67.42
Julia King	DNF

**Unofficial Orange** 3.73km 175m climb

Andrew Hutton	60.12
Ted Sapsford	96.29

**Men's 12** 2.72km 115m climb

Cam Edmonds	DNF
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**Women's 12** 2.72km 115m climb

Katie Eames	53.32
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**Men's Novice** 2.72km 115m climb

Brett Sceats	30.04
Sam Haslett	32.38
Tom Wilson	37.24

Ashley King	43.09
Greg Pearse	49.59
Luis Slyfield	50.46
Chris Mitchell	52.21
Ryan Mitchell	54.14
Bruce Jenkins	59.42
Tony Haslett	DSQ

**Women's Novice** 2.72km 115m climb

Sally Haslett	43.31
Robin Wilson	44.36
Kirsten Hughes	46.02

**Unofficial Yellow** 2.72km 115m climb

Hannah Harty	39.05
Amanda Haslett	45.29
Coppelmans	85.08

**Men's 10** 2.35km 80m climb

Sean Morrison	26.58
Harrison Gregory	33.09
Richard Powell	39.06
Jayden Hughes	51.32

**Unofficial White** 2.35km 80m climb

Kim Mitchell	37.38
Cohen Hughes	50.00
Robie Renton	52.34
Lauren Banner	52.35
Helen Howell	52.38
Caroline Howell	53.12
Emma Boswell	DNF
Blake Boswell	DNF
Paddy Wilson	DNF



What a wonderful map. It is a privilege to set courses on a new map we have never used before and people have never seen before. I enjoyed the whole experience of going out to the map to check control sites (even if I didn't take O-shoes cos it wasn't looking like rain in Hastings, but it poured at Evertree and I was reduced to a slithering lurch on the slopes). And I enjoyed even more going back six days later to put out controls and seeing it in glorious, throat-parching heat.

That trip to check control sites was a revelation. It is one thing to plan courses sitting in your living room looking at a map, but quite another to be standing there on the ground, saying, I want to use this bit because of the 'wow' factor. That valley through the centre is magical, and just cried out for three short legs for the orange people, so they had to explore it. How about that waterfall! And the empty forest over near the deer-fence corner that had me waiting for the trees to speak like something out of Lord of the Rings. My first look at the gorge meant that the red longs shouldn't just be set the challenge of finding the most efficient way to cross it - they had to run THROUGH IT. And the marsh on a spur has to remain a special favourite.

It wasn't just me out there with the magpies and the turkeys. My first question to Geoff was 'how are we going to do this?' To which Geoff said, we'll do it together. That pushed my boundaries in a way all the collaborative, networking female readers probably can't imagine. I don't do 'collaborate'. But I learned so much by working the way we did. The two days out on the map were an orienteering clinic for me. Geoff would get me to run a leg the way I would probably run it if I was doing the course, while he strolled off in some other direction. When I'd arrive at the control site, Geoff would be sitting there leaning on a stump, saying 'three minutes thirty

longer'. After we had put controls out, Geoff checked mine and I checked his. I reversed my tactics this time - navigating from each of Geoff's controls to the next, I used the more direct routes he would have used, quite confident to do so because I knew where the control was. I hope the experience translates to better, more efficient orienteering on my part in future - I think it will.

Listening to people's comments after their runs made it all worthwhile, and listening to people going over their courses together, comparing notes. The new map seemed to have people buzzing.

There were some great runs on the day, and not just from the usual suspects. Harrison powered round the white in fast time. Faye had a great run as did Gary Patton, Neville Smith and Anna Powell. There was a great contest on the red long, which Hamish won by two minutes from Jack with another two minutes back to Chris. Winning times were about right, so we weren't unhappy about having added in some of the juicy bits.

Everything I've just written is positive. I'm writing on the night of the event as a sort of catharsis for everything that went wrong. But the sun will come up in the morning; we'll buy some flowers and chocolates for the landowners; and Chris, Hamish and Geoff will be going back to repair the two fences the heifers knocked down before they finished up in the bull paddock. Keith, having just finished a red long in over two hours, went back to get the control we had left out near the north end of the map. We are so lucky to have people like these in the club . . . and landowners like those at Evertree. The little problems with drinking water and toilet paper can't be fixed this time. Sorry about that. I hope people enjoyed themselves and well done to all our club champions for 2005.

Steve

# LOWER TUKITUKI

## Christmas Event

27 November 2005

Well did it rain. It must have been the wettest, coldest Christmas event ever. Man I'm glad we decided not to make you cross the river.

When I first saw the map I thought Mr Berry must be finishing the other three quarters and this must be just for me to work a little bit with. Turns out I was wrong. I had to set a score event, two reasonable length courses and a white course with a map that's 2.4 km long and 400 metres at the widest point.

The Sunday before the event I was going to go out to the map to check sites with my Vetter who was Kate. The week leading up to that Sunday Kate found out that she had a school tramp on that weekend so she couldn't come. I had to quickly rope someone into the job of vetting quick. I decided that dad was the man for it.

Checking sites turned out to be an afternoon of uming and arring about whether this is a knoll or a big clump of grass. We also found a bit of map that didn't fit which took a while to piece together. But finally after a lot of effort we were finished.

The Saturday was raining when we picked up the caravan, it was raining when we put out the controls, and it was raining when we drove back home. When it got to Sunday morning and I saw it was overcast and I thought it might clear up. But I was wrong. We got there to set up at about 8.45 and we realised that we would need a tent so a quick txt and the Goodwin's were going to pick one up.

I would like to thank all the people that arrived between 10.30 and 10.45 because the event would have been called off if you didn't come. The actual orienteering main race went quite well. Hamish Goodwin and his partner, Sam Haslett, getting the highest possible score in the morning race but that didn't last long. They found out that there was a twist and that the points that they got would be turned into minutes and added on for the afternoon event. I've forgotten who the overall winner was but that's not what Christmas events are about.

The one thing that I will remember about this event was Sean saying to me that he might go get some more controls and so he went around the corner of the trees and about ten seconds later he comes sprinting back with a herd of cattle about 50 metres behind.

Thank you to everyone who came and a special thanks to the Goodwin's for helping out. I can't wait to see you all at the summer series and I'm looking forward to setting another course again.

*Duncan*

## RESULTS

Although Duncan says results don't matter Hamish did manage to piece together some results on the day. These *could* be wrong!

1<sup>st</sup> Rob McDonald and Jaime Goodwin  
2<sup>nd</sup> Rory Hart and Philip Baker.  
3<sup>rd</sup> Stuart Field and Rachel Goodwin.  
4<sup>th</sup> Allan Hughes and Dave Fisher  
5<sup>th</sup> Rolf Boswell and Grant Edmonds  
6<sup>th</sup> Steve Armon and Brett Sceats  
7<sup>th</sup> Pamela Morrison and Sue Field  
8<sup>th</sup> Faye McDonald and Sally Haslett  
9<sup>th</sup> Wayne Hosking and Louis Slyfield

10<sup>th</sup> Sam Haslett and Hamish Goodwin  
11<sup>th</sup> Nigel Field and Scott McDonald  
12<sup>th</sup> Tony Haslett and Grant Patton  
13<sup>th</sup> Sean Morrison and Geoff Morrison

WHITE	Craig Sceats	16.58
	Cohen Hughes	38.00
	Jayden Hughes	39.49



# NZOF JUNIOR CAMP 2005

*Several juniors from Hawkes Bay attended the Junior Camp held north of Auckland before Christmas. Here are the views of three who attended.*

When asked to write a report about the NZ Junior Camp 2005, I was stuck on what to write about. There were several options to choose from; the fun we had at camp, the 12-hour bus trip or perhaps the actual orienteering!

I decided explaining what happened on a bus for 12 hours may be a little boring and the fun we had on camp may be a little private, so my decision was clear. I went with the orienteering.

A lot of the focus was on how to improve your orienteering fitness. Many different ideas were introduced by different coaches. The best ideas, I felt, came from Robbie. He told us about techniques used by orienteers in other countries and also how to improve your fitness and speed.

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Another focus was learning to rely on contours. Is it just me, or do contours seem very unreliable on forest dunes?!

The tip that stands out most in my mind is "don't try and relate what's on the map to what you can see, relate what you can see to what's on the map".

My orienteering has improved a lot on dunes and I have a lot more understanding on what it takes to be a top orienteer. The coaching was excellent, everyone had plenty of great advice to offer and I learnt a lot.

*Jaime Goodwin*

P.S. Did you know that James Bradshaw owns 26 pairs of jeans?!



We really enjoyed this camp and we learnt loads of orienteering skills (thanks to some good coaches).

We had both been running in the New Zealand Secondary Schools National Road Race on Sunday the 11<sup>th</sup> December the day that the camp started, and by the time we arrived at camp we were definitely not raring to go like everyone else.

We did a lot of different orienteering exercises like relocation, route choice, line courses, sprint 'o' practice and more..... These exercises increased our skills immensely. The exercises weren't at all boring, well...sometimes but generally not too bad. We also did quite a few exercises in pairs and in teams. Our exercises took place on many different maps, some of which were 'Pot Luck', 'Pulpit Rock', 'Carrington' and Muriwai camp as well as a few other maps down at the south end of Woodhill forest.

Besides all the orienteering we had a very fun and sociable time. We met new people by playing spin the ladle and other naming games. We had a talent quest, a night event which was loads of fun, eating weetbix while you run in the dark and getting soaked with water. We also had coaches talk to us about general training and health; all of these were definitely some of the camp highlights.

We thoroughly enjoyed the camp and we intend to go on many more. It also inspired us to be awesome orienteers.

*Kate Morrison & Rachel Goodwin*

## HBOC 2006 Fixtures - 1<sup>st</sup> Jan 2006

School Holidays are grey

Date	Hawke's Bay	Map	Other Events	Setter	Vetter	Assistants
<b>JAN</b> 29	Schools Camp					
<b>FEB</b> Wed 1	<b>Street Series SS1</b>	Woodford		Chloe Gregory	Caroline Vincent	Ruth Vincent
Wed 8	SS2	Park Island		Paul Smith	Norris Cox	Jenkins Family
12 Feb	Geoff's Coaching	Geoff's choice				
Wed 15	SS3	Windsor Park		Scott McDonald	Henry Porter	McDonald family
19 Feb			NZ Rog. Champs (OHV)			
Wed 22	SS4	Stoney Creek		Nigel Field	Jo Eames	Field Family
25/26 Feb	<b>Kaweka Challenge</b>					
Wed 1 <b>MAR</b>	SS5	Whitmore Park		?	Richard Lynn	?
5 Mar	HBOC event1	Rowe Road	OY Marangai(W)	Paul Steeds	Hamish Goodwin	Goodwin

W  
W

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						Family
Wed 8	SS6	Havelock Flats		Lydia Parker	Geoff Morrison	Mitchell Family
12 Mar	Katoa Po- night relays	Taupo				
Wed 15	SS7	Frimley Park		Sam Eames	Sharon Mardon	Sophie & Katie Eames
19 Mar	Coaching (Buddy system)	Geoff's choice				
26 Mar	OY 1	Maraetotara		Jack Vincent	Max Kerrison	Barrett Family
2 APR			OY Harakeke(W)			
9 Apr	OY 2	The Slump		Rob McDonald	Ken Holst	Dodd Family & Deborah Turner
14/15/16 /17 Apr			Easter NZ Champs, Nelson			
23 Apr	Club Event 2	Horseshoe bend		Duncan Morrison	Geoff Morrison	Haslett Family
29/30 Apr			Fri 28 / Sat 29 NISSC (OHV)			
7 MAY	OY 3	Rochfort	Super series round 5 Red Kiwi	Cara McDonald	Chris Howell	Gregory Family

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13/14 May	Coaching (Geoff for SS )	Te Mata Park	SSS1 - Pukerua(W)			
21 May	MTBO 1			Max Kerrison	Hamish Goodwin	
28 May	HB School Champs	The Mission	SSS2 - Battle Hill (run by HV)	Amber Morrison	Rolf Boswell	Harty-Morris family
3/4/5 JUNE			3-5th QB 3-day, Auckland, NW			
11 Jun	HB Champs/ Frank Smith-Trophy	Smedley West		Terry Russell	Alan Berry	Tristram Family
17/18 Jun			Sat:CSW Sprint Champs RK MTBO- ForestFrenzy Sun:CSW Champs			
25 Jun	HB schools relay champs	Rochfort North	CSW Champs (WOC) backup date	Richard Lynn	Morris Lloyd	Turvey Family
1/2 JULY			SSS3 - Mill Creek(W)			
9 Jul	Event 3 Short/middle distance	Te Aute		Murray Harty	Rob McDonald	McDonald Family
14/15 Jul			Silva NZ SSC (AOC)			



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23 Jul	Score series 1	Pukeora	OY or FS	Emma Watson	Peter Watson	Watson Family
30 Jul			SSS4 - Waikanae River (El Rancho)(W)			
6 AUG	Score 2	Havelock Hills		Mark Irwin	Derek Morrison	Louis Chambers/ Rory Hart
13 Aug			OY (W) ?			
20 Aug	Score 3	Guthrie Smith	SSS5 - Tikara(W)	Matt Balmer	David Fisher	Kate Boekhorst/ Luis Slyfield/
27 Aug						
3 SEPT	Team event + Social activity	Te Mata Park		Kate Morrison	Amber Morrison	D Morrison Family
9/10 Sep			SS Relays & Club Event - Mt. Victoria(W)			
17 Sep	OY 4 -	Tangoio		Steve Armon	Pamela Morrison	Powell Family
23/24 Sep	MTBO2					
1 OCT	Club Event 4	Over the Hill		Murray Richardson	Wayne Hosking	Wilson Family
8 Oct						
15 Oct	HB score champ	Rotoma	OY (OHV)	Allan Hughes	Stewart Hyslop	Hughes Family

			AK Champs			/Mark Irwin
22 Oct			WOA Champs(W) (3-day? liase RK)			
29 Oct	OY 5	Smedley (old)		Rachel Goodwin	Hamish Goodwin	Amy Dolden/ Robyn Berry/ Bob Pocknall
4/5 NOV			CD Area champs Taupo			
12 Nov	OY 6	Te Awanga	OY Kaikokopu	Jon Eames	Geoff Morrison	Anna Furher/ Wendy & Emma Jones
18/19 Nov			SI Champs			
26 Nov	Christmas event	Lower Tuki Tuki		TBA	TBA	TBA

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Hawke's Bay Orienteering Club thanks SPARC for supporting orienteering!

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**ORIENTEERING ON THE WEB**

<http://www.nzorienteering.com>

<http://www.hborienteering.com>