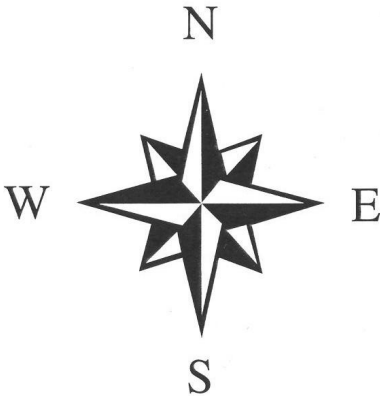


JANUARY — FEBRUARY 2008

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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President's Report

Welcome to 2008 and a new year of orienteering. This is my first column as President and as such I have been a little remiss in leaving it till the last minute to get ink to paper. The club has had a successful start to the year with the winning of the Owl trophy at the annual Katoa Po night relays event in early February. This is the first time the club has won the trophy in over 20 years. Congratulations to Craig, Olivia, Jaime, Duncan, Scott, Ross and Jack on their win. Even more remarkable is the fact that of the team, Ross is the only senior.

On another positive note, congratulations to Jack Vincent, Scott McDonald and Kate Morrison who have been selected for the team to represent New Zealand at the Junior World Orienteering Championships in Goteburg, Sweden in July this year.

It has been good to see the Wednesday night Summer Series events remaining as popular as ever, with the Frimley Park event attracting over 180 competitors. The loop format is great fun and gives rise to some tough head to head battles out there across all skill levels. Sunday orienteering will have started at Rotoma by the time this is published. The early club events provide a great opportunity to get out there and sharpen up those navigation skills before the Orienteer of the Year series begins and the National Champs at Easter.

The Club co-hosted the Kaweka Challenge over the last weekend of February. This event is a major fundraiser for the club and is the result of much hard work by a large group of volunteers. Thanks to those who helped out on the weekend including Alan Hughes, Sharon Mardon, Pamela Morrison and Tim Anderson at Mackintosh Carpark and Geoff Morrison at Makahu Saddle. Congratulations to all those who took the opportunity to compete. The KC is a major test of fitness and mental strength, no matter where you finish. As I finished my run, it was great to be welcomed in by Kaweka Challenge stalwart Deborah Turner, looking fitter and healthier after major surgery. On that note, I would also like to wish Colin Jones a speedy recovery from his broken leg. I always thought beaches were dangerous places, and isn't it always the way, you don't need an emergency locator until someone gives you one!

Events coming up include the North Island Secondary School Champs on May 2nd and 3rd. HBOC is organising this for 2008 and we need some volunteers to assist with equipment, entries and helping out as starters etc. If you think you can help, talk to me, Lesley Sceats or Hamish Goodwin about what you can do. The New Zealand Orienteering Champs is in Wairarapa at Easter and the New Zealand Rogaine Champs on May 24/25 in Taupo. This event is held over 24 hours with shorter options for those who don't wish to go for as long. Based on 1:50 000 maps, rogaining is essentially a long score type event conducted in pairs or groups. To find out more, check out www.mapsport.co.nz/rog/rogaine or come and talk to me. If you wish to give it a go, get training now. Personally, I'm off up the Boohai . . .

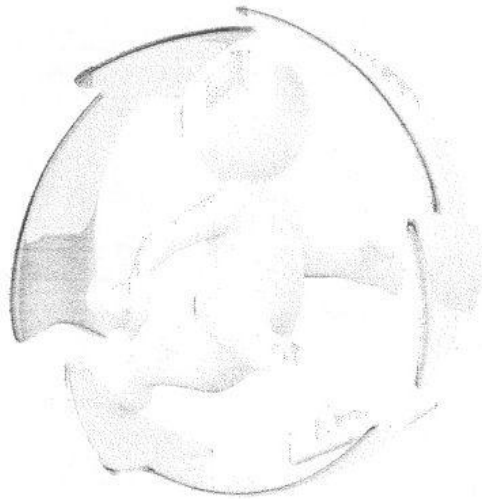
Get out there and push yourself!

Chris

Have you visited www.hborienteering.com lately?

This is our club website and if you haven't visited recently, then have a look. This is the place where you'll find all the latest information on what is happening in the club — news, results and latest event information.

If someone wants to find out about the club or the sport, then direct them to the club website — there is information there for new members, the latest fixture information and a map of our event locations.



AUCKLAND ORIENTEERING CHAMPIONSHIP 19/20th April 2008

If you enjoyed the National Championships run by the Counties Manakau Orienteering Club last year it's time to come and give those brand new areas another run for there money. Don't miss the chance to get back on these beautiful pine forest maps, then spoil yourselves with our Counties specialty of a wicked lolly scramble to finish the day.. We're looking forward to seeing you there.

Middle

Day 1: Sat 19th April 08 Middle Distance.
Map: Plantation Forest, Maramarua.
Scale 1:10,000, Contours 2.5m
Setter: Tania Robinson
Controller: Rob Crawford

Long

Day 2: Sun 20th April 08 Long Distance.
Map: Waiuku South, Waiuku Forest.
Scale 1:10,000, Contours 2.5m
Setter: Wayne Aspin
Controller: Trish Aspin

Event Information:

For more detailed information please go to www.cmoc.co.nz

More details on course lengths and times of the events will be available on web site as soon as available.

No programme will be posted by mail unless a special request is made and an extra \$5 paid.

Contacts:

Entries: John and Rae Powell - 11 Cathcart Close, Pukekohe. (9) 238-8159
johnandrae@xtra.co.nz

General Enquiries: Val Robinson, Phone (9) 8374610, johnandval@clear.net.nz;
Mob. 021 891165

Closing Date for Entries:

Entries must be received by Tuesday **25th March 08**

Late entries will be accepted at organisers' discretion with late fee of \$5 per competition day.

Courses and Classes: 2008 Auckland Orienteering Championships

Long Distance:

Course	Men / Women	Relative Length	Approx. Win Time	Difficulty
1	M21E	11.0 km	90 min	Red
2	M20A, M21A, W21E	8.0 km	70 min	Red
3	M18A, M40A	7.0 km	60 min	Red
4	M16A, M50A, M21AS, W18A, W20A, W21A, W40A	4.5 km	45 min	Red
5	M60A, M40AS, W16A, W50A, W21AS	3.0 km	45 min	Red
6	M70A, W60A, W40AS, W70A	3.0 km	45 min	Red
7	M18B, M21B, M14A	3.5 km	45 min	Orange
8	M40B, W21B, W40B, W14A, W18B	3.0 km	40 min	Orange
9	M12A, M14B, M21C, W12A, W14B, W21C	2.0-3.0 km	35 med	Yellow
10	M10, M12B, W10, W12B	1.5-2.5 km	35 med	White

Middle Distance:

Courses will be targeting 60% of the above times, with the same classes offered.
 Winning time for M/W21E: 30-35 min.

FEES	Middle	Long	Both Days
Senior	\$25.00	\$25.00	\$40.00
Junior (below 21 yrs)	\$12.50	\$12.50	\$20.00
Family	\$60.00	\$60.00	\$95.00
Sport Ident Hire (Free for C.10)	\$3.00 per day		
Late Fee , after 25th March 08	\$5 per day. Refunds for withdrawals at controller's discretion.		
NZOF Levy for non club members Competitors who are not members of a NZ Club or an IOF member organisation must pay, with their entry, a one-event registration fee of \$9.00 per senior, \$5.50 per junior, or \$23.50 per family, for each day.			

ENTRY FORM

Contact name: _____

Home Phone: _____ Email: _____

Address: _____

Split start time request for parents with young children only Yes No

Last Name	First Name	Club	Sport ident	Birth Year	Day 1 MIDDLE grade	Day 2 LONG grade	Fee
Total A \$							

Sport ident Sport ident Hire @ \$3 per day
 or buy Sport ident \$ 50.00
Total B \$ _____

Cheques payable to: Counties Manukau Orienteering Club Inc
Post to: AOC Entry, C/O John Powell - 11 Cathcart Close, Pukekohe.
Or Direct payments made to CMOC;
 Acc No: 06 0401 0148081 000 (Remember to use your name as reference)

TOTAL A \$ _____
TOTAL B \$ _____
GRAND TOTAL \$ _____

2008 NORTH ISLAND SECONDARY SCHOOLS ORIENTEERING CHAMPIONSHIPS (incorporating Y7/8 events)

This event is officially sanctioned by the NZSSSC.

INDIVIDUAL CHAMPIONSHIPS – Friday, May 2

Map: Tangoio
 Scale: 1:10,000 (red, orange & yellow), 1:7,500 (white), 5 metre contours
 Location: Approx. 15 kms north of Napier on SH 2
 Terrain: Spur/gully pine forest
 Levels: Championship: for experienced orienteers
 Standard: for those with less experience
 Start times: First starts will be at 11.00am

RELAY CHAMPIONSHIPS – Saturday, May 3

Map: Tangoio
 Scale: 1:10,000 (orange & yellow), 1:7,500 (white), 5 metre contours
 Location: Approx. 15 kms north of Napier on SH 2
 Terrain: Spur/gully pine forest
 Level: Standard only
 Start time: Starts will be from 10.00am
 Teams: "Official teams" are made up of students, of the same gender and from the same school, who are eligible to compete in the class.
 To cater for students who are not able to be placed in a school team, composite teams will be made up.

COURSES FOR SCHOOL COMPETITIONS

CHAMPIONSHIP <i>(Experienced orienteers only)</i>	Estimated winning time (minutes)	NZOF colour code
Senior Boys	45 - 50	Red
Senior Girls	45 - 50	Red
Intermediate Boys	35 - 40	Orange
Intermediate Girls	35 - 40	Orange
Junior Boys	25 - 30	Yellow
Junior Girls	25 - 30	Yellow
Y7/8 Boys	25 - 30	Yellow
Y7/8 Girls	25 - 30	Yellow
STANDARD	Estimated winning time (minutes)	NZOF colour code
Senior Boys	35 - 40	Orange
Senior Girls	35 - 40	Orange
Intermediate Boys	25 - 30	Yellow
Intermediate Girls	25 - 30	Yellow
Junior Boys	20 - 25	White
Junior Girls	20 - 25	White
Y7/8 Boys	20 - 25	White
Y7/8 Girls	20 - 25	White

ENTRIES CLOSE 21 APRIL — ENTRIES CLOSE 21 APRIL

Entry forms may be downloaded from the club website: www.hborienteering.com

Cheques (made out to Hawke's Bay Orienteering Club Inc) MUST accompany the entry form.

Post entry forms to: Chris Howell, 1950 Maraekakaho Road, RD 1 Hastings

CLASSES FOR SECONDARY SCHOOL COMPETITORS

Senior: Born 1991 & earlier
Intermediate: Born 1992 & 1993
Junior: Born 1994 & later

ELIGIBILITY FOR THE SECONDARY SCHOOL COMPETITION

A student eligible to compete in this secondary school event must:

- be enrolled as a bona fide (Year 9 or above) student at the school of representation and studying at least 80% of a programme that is part of the timetable provided by the school for at least four weeks immediately prior to the event.
- have a satisfactory attendance record at the school. The final decision will be at the principal's discretion.
- The student must be under 19 years of age at the first of January in the year of the competition.
- **Y7/8 students are not eligible to compete in the secondary school classes.**

NORTH ISLAND INTER-SCHOOL COMPETITION (SECONDARY SCHOOL)

Top School Competition

There are separate trophies for boys and girls.

Only 3 competitors in each age class will contribute to the school's points. That is, a maximum of 9 competitors (3 at each age) will be able to earn points for their school.

In the individual competition, the best three results at each age class, whether in the Championship or Standard event, will be counted. At least one of these results must be from the Championship level (ie. A school entering all its competitors in the Standard level will be able to count only two results).

In the relay, only the highest positioned team from any school in each age class will count. (Runners in composite teams do not count).

Points for this competition are as follows:

Individuals - Championship: 1st - 25 points, 2nd - 24, 3rd - 23, down to 25th - 1 point.
Individuals - Standard: 1st - 15 points, 2nd - 14, 3rd - 13, down to 15th - 1 point.
Relays (teams): 1st team - 60 points, 2nd - 54, 3rd - 48, down to 10th - 6 points.

PRIZEGIVING

A prizegiving will be held at the completion of the relay on Saturday. Certificates will be awarded to all placegetters and trophies to the winning boys' and girls' schools.

WEBSITE

All event information, start draw and results will be available on the event website www.hborienteering.com

The event programme and start draw will be available on this website for download on 25 April.

ENQUIRIES TO:

Lesley Sceats
Phone (06) 879 7674
Email l.sceats@xtra.co.nz



New Zealand Orienteering Federation

General Manager: Stuart Payne

171A Fifield Tce, Christchurch 8023, NEW ZEALAND
ph: 64 - 3 - 337 2275 email: nzof@nzorienteering.com
Orienteering On-line at www.nzorienteering.com

NZOF NEWS – January 2008

NEW COUNCILLOR

The NZOF Council welcomes John Robinson (**Counties Manukau**) as the new **Auckland Area representative**. John replaces Nicola Kinzett, who resigned at the end of 2007. Nicola's work commitments mean she will no longer be resident in the Auckland area. The NZOF thanks Nicola for her time (close to three years) on the Council.

MEMBERSHIP AT NEW HIGH

NZOF membership, at 1,690, reached a new high as of the end of 2007. Membership grew by 45 in the South Island and 11 in the Auckland Area. However, despite strong growth in Hawkes Bay (the largest club in 2007), Wellington Area membership fell by 14, and that for Central Districts by 29.

Membership retention at 74.5%, however, was down on 2006 (79.9%). This was partly the result of only half of all new members in 2006 being retained in 2007. Nevertheless recruitment of new members in 2007 was impressive; at 416 they made up a quarter of all members as at the end of 2007. The largest recruitments of new members were made by Hawkes Bay, PAPO and Nelson.

JALAS SPONSORSHIP

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

NZOF FUNDING FOR MAJOR EVENTS

At its meeting on 1 December, the NZOF Council reviewed the 25% event levy policy. While it confirmed that the current 25% level be continued, there be discretion for clubs to apply to the NZOF for grants to host major events.

Such funding assistance recognises that major events are an investment in the future of orienteering since they:

- Require the production of new or updated maps;
- Employ the use of modern event technology;
- Require high standards of event organisation, which in turn requires the employment of more volunteers than for club events;
- Provide top-level experience for the planner/controllers(s) involved.

APPOINTMENTS

Norm Jager (Auckland) and James Bradshaw (Counties Manukau) will be the manager and coach respectively of the 2008 Silva New Zealand Junior team at JWOC.

Dianne Michels (North West) has been appointed to replace Christina Freeman on the NZOF MTBO Committee. The NZOF thanks Christina for her service on the committee.

Alistair Coulter has stood down from the NZOF Rogaine Committee. In line with the MTBO Committee, the Rogaine Committee will now remain at four members.

REAPPOINTMENTS

NZOF Officers reappointed for 2008 include Carsten Jorgensen (High Performance Director), Graham Teahan (Technical Director), Geoff Morrison (Secondary School Coordinator), Paul Smith (Webmaster), Mick Finn (Editor, *NZ Orienteering*), Bryan Teahan (Statistician), Jamie Stewart (NOS Coaching Coordinator) and James Bradshaw (D-Squad Coaching Coordinator). The Selection Panel and the MTBO and Rogaine Committees, other than as noted above under appointments, remain unchanged.

Carsten Jorgensen has also agreed to continue as Acting Coaching Director until an appointment is made, see Vacancies at end of this news.

MAPPING WORKSHOP

An NZOF Mapping Workshop will be held, as part of the Waitangi Summer Carnival, on Friday 8th February in Auckland. For further details contact the Technical Director, Graham Teahan: phone (06) 329 3938 or email gteahan@xtra.co.nz, or check out the notice on the NZOF website.

ORIENTEERING CONTRACTORS

As part of a strategy to ensure that professional standards are maintained in New Zealand and are available to as many clubs as possible, along with a need to ensure succession planning, the NZOF has begun developing a database of people providing contract services within orienteering. While such services are principally mapping services, they can encompass the full range of orienteering services. Accordingly clubs and individuals are asked to advise the General Manager of contractors that they are aware of.

PUBLIC LIABILITY INSURANCE

In line with the requirements of a major forestry company, the NZOF's cover for Public and Products Liability and under the Forest and Rural Fires Act has been increased for 2008. Further details are available from the General Manager.

PM's SCHOLARSHIPS

After seven years of successful NZOF nominations for Prime Minister's Athlete Scholarships, administered through SPARC, orienteering will have no scholarship recipients in 2008. This is the result of the scholarships being made contestable across all sports as well as orienteering as a non-Olympic and Commonwealth Games sport not being rated highly enough in SPARC's high performance mission of "more New Zealanders winning on the world stage".

On the plus side, however, Marquita Gelderman has been awarded a Performance Enhancement Grant, based on her 8th place at the 2006 World MTBO Championships, to pursue her quest for a medal at this year's World MTBO Championships in Poland.

NEW SILVA AWARD

With the agreement of the sponsors, Ampro Sales Ltd, the NZOF Council has decided to replace the existing Silva Magazine of the Year Award with a new award, the Silva Event Organiser of the Year Award. Further details will be provided to clubs with the call for nominations for awards. It should be noted that while the NZOF AGM will be held independent of Nationals (see next item), the annual awards will still be announced at Nationals at Easter.

2008 NZOF AGM

The Annual General Meeting of the NZOF will be held in Wellington on the weekend of 12-13 April. The AGM will be held in conjunction with a Strategic Planning Workshop, which will aim to outline the priorities for the renewal of the national strategic plan through to 2012. Participation at the workshop (and therefore the AGM) will be funded by the NZOF. Details about the workshop have already been sent to clubs.

VACANCY: MARKETING AND PROMOTION OFFICER

This is a new contract position, incorporating the previous volunteer roles of Media Officer, Ampro Liaison Officer and the marketing-promotion role of the Editor of *New Zealand Orienteering*. As such the primary role is to foster and promote orienteering through the various forms of media and through sponsorship agreements.

The position will commence as soon as possible. A job description is available from the General Manager.

VACANCY: COACHING DIRECTOR

The national position of part-time, paid contract Coaching Director for 2008 remains open.

The primary role of the Coaching Director is to identify the needs and priorities of orienteering coaching within New Zealand. This is translated into a network of coaches at various levels, with support (personal and materials) depending on funds available.

Applicants should have strong administrative and interpersonal skills as well as coaching experience and senior NZOF coaching qualifications (or equivalent).

A job description is available from the General Manager.

VACANCY: WOC 2008 MANAGER

The national volunteer position of Manager for the Silva NZ team to compete at the 2008 World Champs, 10-20 July, in Czech Republic, remains open.

A job description is available from the General Manager.

The NZOF acknowledges the support of
Sport & Recreation New Zealand

SILVA

David Melrose Design

The MAPsport Shop

Inov8

New Zealand Community Trust

The Lion Foundation

Oxford Sports Trust

The Southern Trust

The Scottwood Trust

Perry Foundation

McNally Valuation (2000) Ltd

Tinelli Bikewear Performance

Signs @Work, Picton



The food stall doing good trade at the Kaweka Challenge

Junior Camp

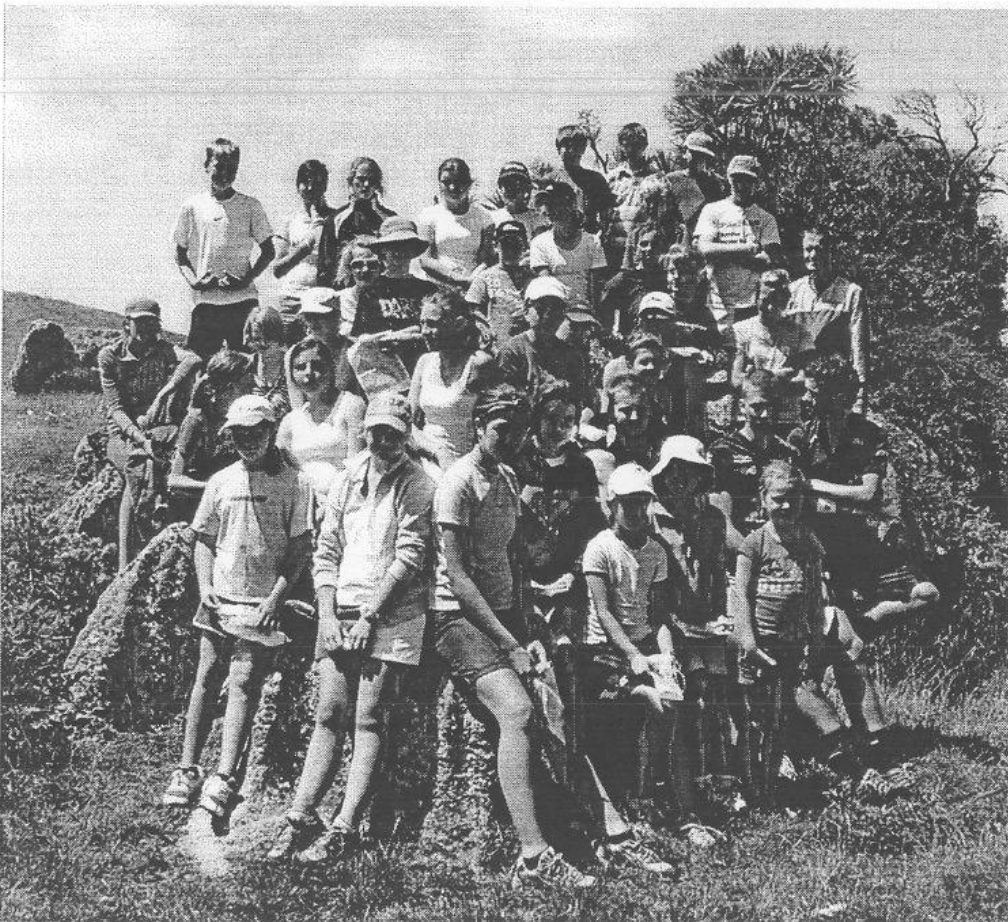
How would you explain contours? This is really what got me. I think when the correct explanation clicks in my head, my orienteering will be flawless. But apart from my own challenges the camp proved an excellent learning experience for all that attended. The head coaches, Andrew Peat and Simon Jager showed their orienteering experience and Jaime and I were able to catch some coaching pointers too.

The camp was held over the first four days of the week before school went back.

MONDAY: 1.30pm start, after some eventful introduction games the camp was about to really start. Over the Hill was the destination for the homy (name of minivan). The main aim of the day was to establish key orienteering thought processes and for some groups, the explanation of contours. That night was followed by the usual night session and a couple of speed drawing races. The first night's sleep for most was not quite enough to set up a sharp and aware mind for the exercises to come.

TUESDAY: Maraetotara and Waimarama Beach today. After us coaches put out the controls the long day was able to start. From line courses to relocation, simplification to the star relay, the day had it all. Progress was certainly noticeable but effort needed to be looked at (late night a factor). The overall standard of everyone was certainly on the up but by the end everyone was ready for the beach. That night was the annual junior camp night relays. This once again was won by one of the two celebrity teams competing this year including some NZ representatives.

WEDNESDAY: Rotoma was to be the venue for the final coaching day. With a short course and bearing practice the campers were able to hone their skills in preparation for the following day's camp champs. The activities ran successfully with the lake untouched by any swimmers for this year. That afternoon consisted of some rest time and the HBOC summer series race. The results of this showed just how much progress the attendees



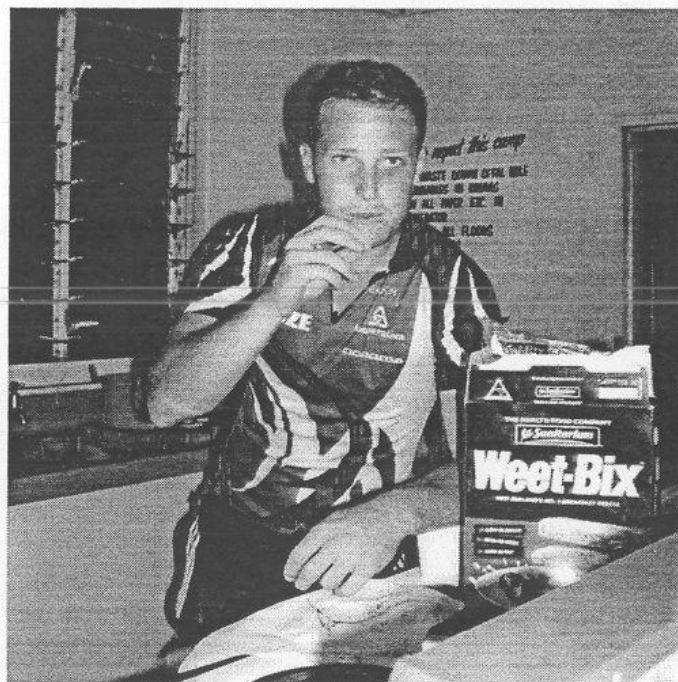
Rock stars

had made from just the three day's training.

THURSDAY: Camp champs. The coaches all had made their picks and were doing their best to ensure they didn't lose any money. After the warm-ups, the campers were let loose into the unforgiving Rochfort forest. After an hour had passed from the first starter Geoff's brow slowly started to get wetter and wetter, but with the finish of Georgia Wedd to claim the orange victory (which I picked) the constant flow of campers started.

The hard courses and their completion showed the giant increase in skill for all campers. The camp was enjoyable and well worth it. It really helped my orienteering by making me think about what I do on a course. It's great to see the results of club events and seeing someone from your group had taken out a grade. I think all campers will agree that Geoff and the other coaches' efforts were top notch and it was a massive success.

Duncan Morrison



CHECKING OUT THE VIDEO: the star relay is captured on O-cam (top right)

SIR ED CAN DO FOUR: Andrew does dry weetbix in the night relay (lower right)

BOOT CAMP (above left)

PICKING WINNERS: 'Right, that's Maddison Paige for the first leg...'

Katoa Po Night Relays 2008

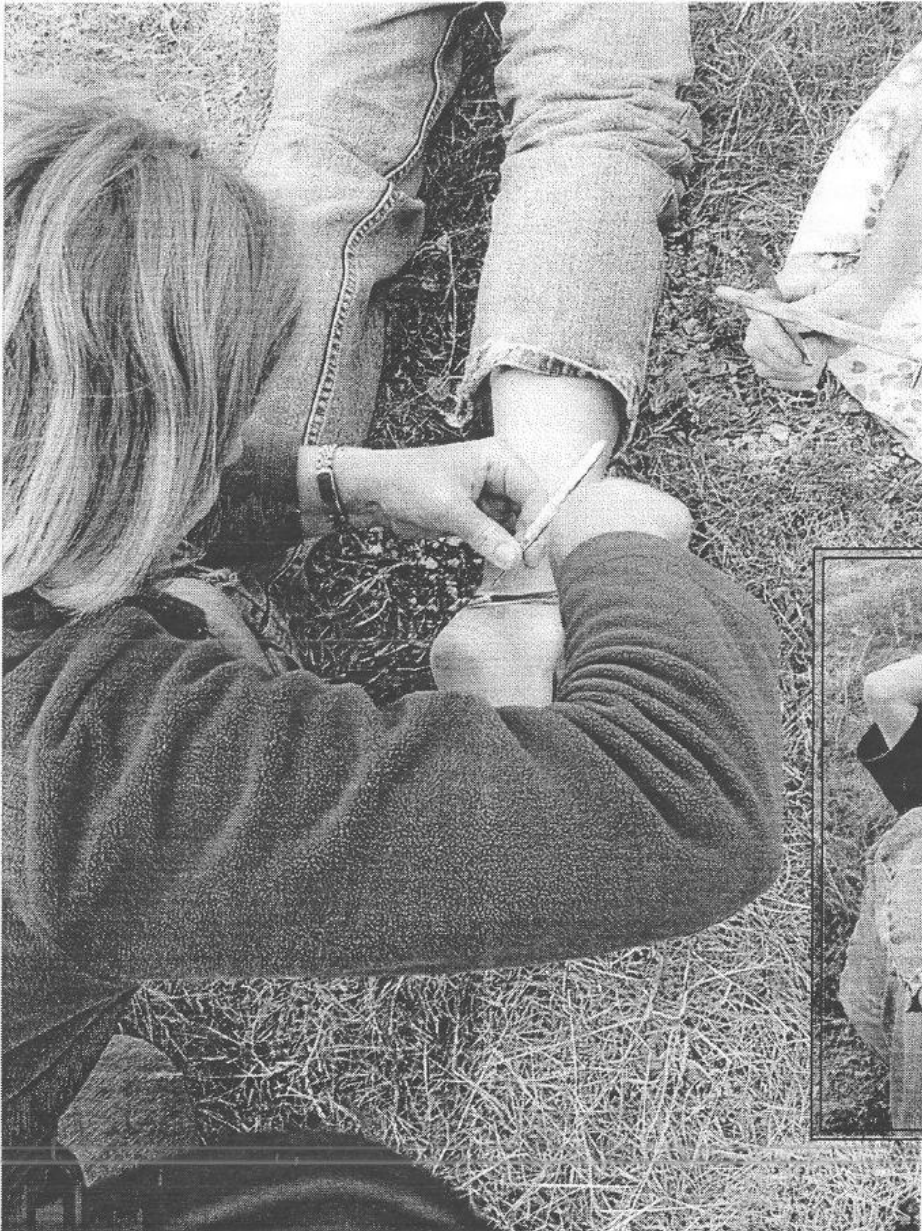


The 2008 Katoa Po will be remembered by HBOC as the year a team consisting almost solely of juniors took out the 7 person event. Craig Sceats, Olivia Gregory, Jaime Goodwin, Duncan Morrison, Scott MacDonald, Ross Morrison and Jack Vincent held their nerve to finish six minutes in front of a fast finishing Counties Manukau team anchored by James Bradshaw. This was definitely a night when youth won out over experience. Congratulations, the team did us all proud.

With the other 7 person teams filling 5th and 8th places, HBOC displayed the depth that is the envy of other clubs. Hawkes Bay also had three teams entered in the five person competition, with two finishing in the middle of the field.

The event was not without its usual dramas. Runners leaving on their course with headlamps whose power could be measured in glow worms rather than watts, others whose lights would take a whole windfarm to recharge. One runner (who shall not be named) from HB went out with entirely the wrong map, resulting in him trying to complete leg 5 using a leg six map. When I met Tim out on the course he appeared blissfully happy striding down a watercourse muttering that his course seemed quite long! Others in HB who should know better, were still putting their shoes on when their runner came through to tag them and then made substantial enough errors to take them right off the map. One junior had no idea where he was, or even that he was competing at the Katoa Po after succumbing to heatstroke.

This year the Katoa Po was run as part of the Waitangi Carnival and it was noticeable that the same atmosphere didn't exist. Not one club made the effort to dress up to a theme and even the level of support for the very late runners was missing. The lack of late night support was largely due to the number of events in following days, with some being JWOC trials and World Ranking Events for the juniors and elites. The Katoa Po is a special event, and with it returning to a stand alone event next year, hopefully it will regain the character and characters that make it special.



Howells of anguish



Team Hawke's Bay

Kaweka Challenge 2008

Somehow it seems a bit blasé to enter an event such as the Kaweka Challenge three days before, but at least it lets you peruse the entry list assessing the merits or otherwise of fellow competitors. Entering the Kaweka Challenge was a last minute decision this year (though well canvassed as to should I/shouldn't I, what course etc), particularly with how sore my legs were feeling after a full day marking and clearing tracks for the event and some training over 36km the Sunday before with Derek, Alan and Hamish. Given that anything can be justified under the guise of training (including a slow time), I thought why not. There also has to be a psychological advantage to late entry if Chris Morrissey is anyone to go by. In HB for a wedding, he turned up on the morning of the event to enter, setting a new record on Course 3 to boot.

With Catherine in Australia at a work conference, I decided to forego the full monty camping experience to sleep at home in peace and quiet this year and just do the Saturday. Caroline and Helen were adamant that they wanted to help at the finish again and would get up at 5:15am with me to get ready to leave by 6.20. I wasn't confident they would be ready in time, but they rose to the occasion. They did a super job handing out the bags of goodies at the finish by all accounts.

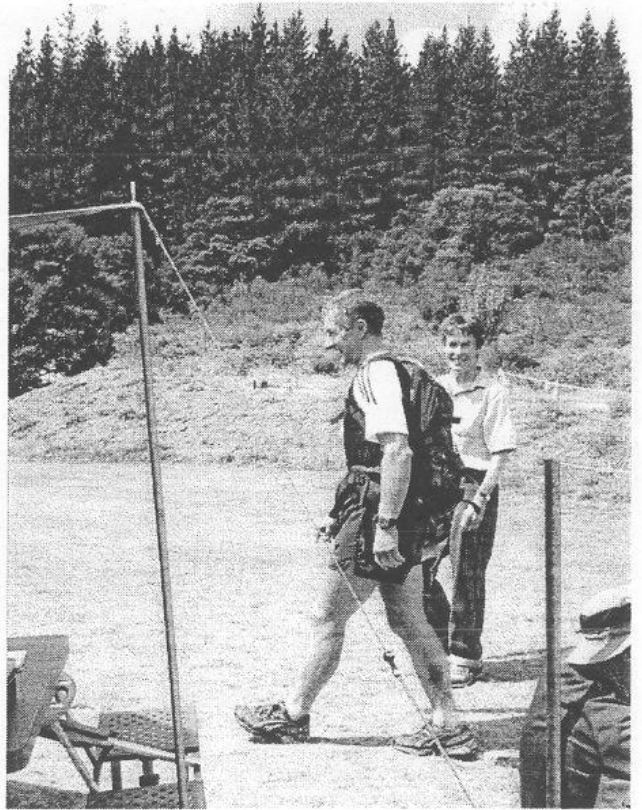
The forecast wasn't promising with a strong NE wind picked to come in later in the day about the tops, but at least the day was not going to be really hot. As it transpired, weather conditions turned out to be near perfect. We arrived just as the Course One runners were setting off and after watching Jack Vincent's Dad streak off in Hamish's wake I collected my registration pack and set about swaddling myself in the layers of strapping tape which seem to become de rigeur as soon as you hit 40.

With Hamish's parting words in my ears "Cane it!" I ambled off to the start control and made it to the bridge with about half a dozen vets in front. Malcolm Gawn had the satisfaction of beating me to the bridge at the bottom of the hill, but as I had prophesied, that was the last he saw of me until he finished (thank goodness). As I climbed Kuripapango vainly trying to keep Clive Reynolds in sight, I felt it was not going to be an easy day and was not surprised to find myself on about the same time as usual to Kiwi Saddle. I swear the clay and scree slope down to the saddle gets steeper and more slippery every year.

Hamish was constantly in my ears whispering "faster faster faster" and "harden up" as I climbed out of Kiwi Saddle on toward Castle Camp and Kaiarahi. I paused briefly at one point to look back down the ridge, told Hamish to bog off, enjoyed the fact no one was catching me (yet) and the unfamiliar view. The rest of the day went pretty well. I cruised down Mackintosh Spur and made it through to Lakes Carpark without the usual feeling of wishing the day would just end. The climbs that usually scar me mentally I discovered to be mere trifles. But Lakes Carpark to the finish was not much fun, particularly when two supervets went whizzing past demoting me from 7th overall to 9th. My legs had gone awol by this point and there was nothing left for the steep pinch climbs at the Wall and to the firepond. The Kaweka Challenge is a funny thing. You spend most of the day on your own, no matter how fit you are, fighting a personal battle of mind over matter, trying to beat the little psychological barriers that each climb constructs and the feeling it would be easier to just give in and walk. By the end of the day, even slopes that rose a mere two metres were enough to cause me to walk. As I emerge at the firepond and hear radio guy relay my number to the finish, I feel a real sense of achievement. It puts a grin on your face for the last down hill section all the way to the finish.

2008 is a year for me to remember, mainly for winning the small personal battles that have prevented me from going under 5 hours on Course 3 in the previous five attempts. Next year Course 1 maybe?

Chris



Just another day at the office

NZ Team for JWOC 2008

The SILVA New Zealand Junior Team to compete at the 2008 Junior World Orienteering Championships in Gothenberg, Sweden on 30 June-6 July 2008.

Women

Lizzie Ingham	Wellington OC
Greta Knarston	Counties Manukau OC
Kate Morrison	Hawkes Bay OC
Tessa Ramsden	Red Kiwi Orienteers
Angela Simpson	Rotorua OC
Georgia Whitla	Peninsula & Plains Orienteers

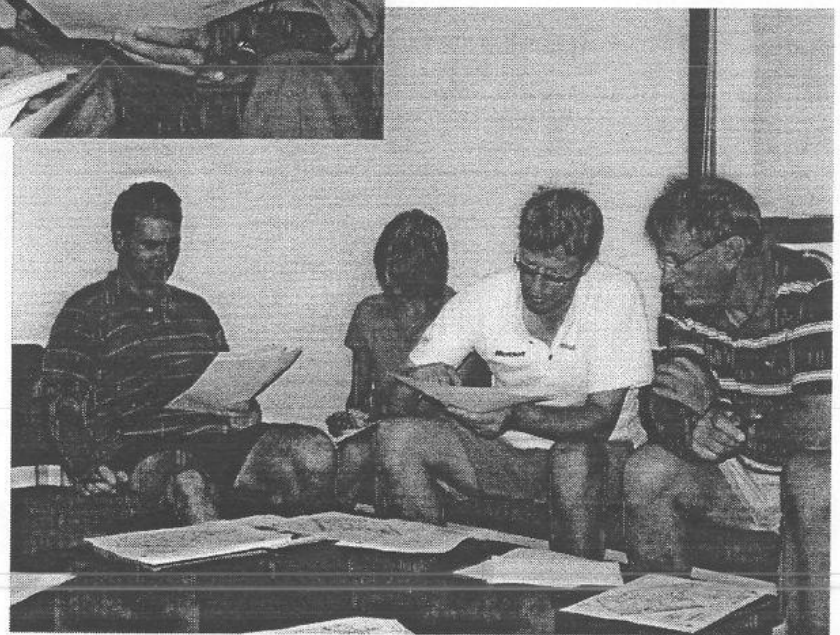
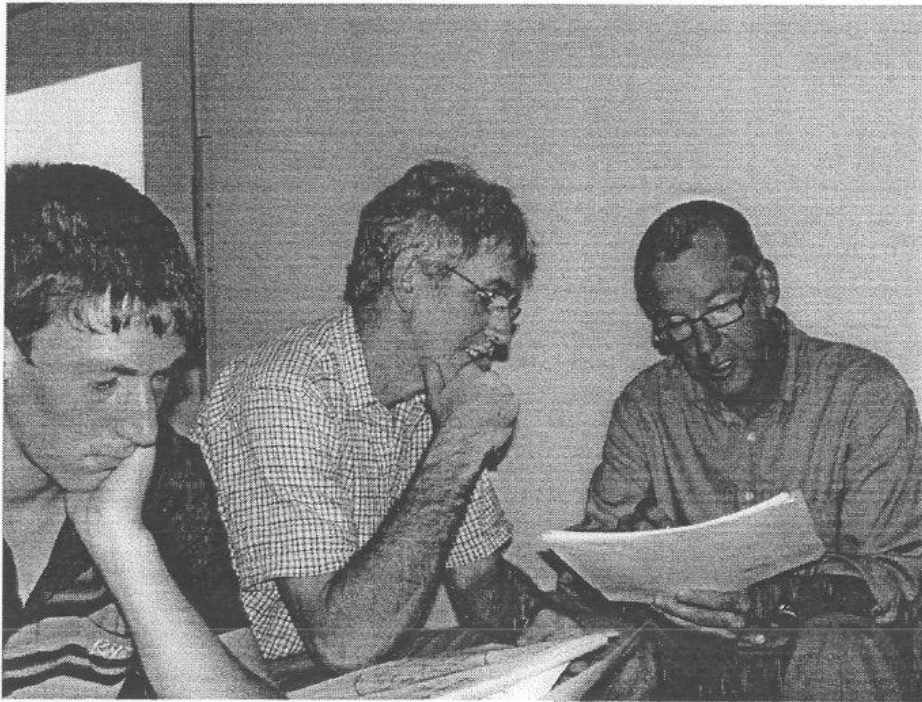
Men

Simon Jager	Auckland OC
Scott McDonald	Hawkes Bay OC
Thomas Reynolds	North West OC
Jack Vincent	Hawkes Bay OC

Manager: Norm Jager

Coach: James Bradshaw

Jeff Greenwood
Convenor, NZOF Selection Panel



*GOT AN EYE FOR A GOOD LEG?
Then you would have fitted in at the
course setting session organised by
Geoff at Havelock North High*

2008 Development Squad

Men

Gene Beveridge (North West), Jourdan Harvey (Counties Manakau), Simon Jager (Auckland), SCOTT MCDONALD (Hawke's Bay), DUNCAN MORRISON (Hawke's Bay), Ciaran Murphy (Counties Manakau), Matthew Ogden (North West), Andrew Peat (Counties Manakau), Thomas Reynolds (North West), Toby Scott (Auckland), JACK VINCENT (Hawke's Bay)

Women

Claire Dinsdale (Wellington), RACHEL GOODWIN (Hawke's Bay), JAIME GOODWIN (Hawke's Bay), Lizzie Ingham (Wellington), Greta Knarston (Counties Manakau), KATE MORRISON (Hawke's Bay), Nicola Peat (Counties Manakau), Tessa Ramsden (Red Kiwi), Kate Rea (Counties Manakau), Laura Robertson (Hutt Valley), Imogene Scott (Auckland), Angela Simpson (Rotorua), Georgia Whitla (Peninsula and Plains)

Coaching Co-ordinator: James Bradshaw

If you're getting shirty . . .

The new club shirts will arrive on Thursday 20 April and Jo will take them down to nationals and have them available at each day's event. You will need to pay \$55 for each shirt — no money, no shirt — anytime from Thursday midday.

If picking them up from Jo's place, she's at Parimutu, 35 Waimarama Rd, Havelock North (the second driveway on the left past the TeMata Rd junction). Phone 8778018 first.

For members not going to Nationals, Jo will bring them to the next event or you can phone her at home.

Coaching Corner

Plastic Bags

It is always a good idea to take a plastic bag when you are doing a course, rain, hail or shine. Water, sweat, folding and foliage can often have you staring at a shredded or disintegrating piece of paper with still half your course to go. Folding your map can often mean a line where printing is lost right where your control is supposed to be. Keep a plastic bag from past events and take it with you or if you forget there is always one in the caravan.

Geoff

NEW MEMBERS



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

- Anne, Harriet & Sarah Baxter
- Graeme, Donna, Ryan, Kelly & Angela Sunnex
- Lynette & Grace Irwin
- Peter & Vicky Manson
- Dieter, Nine & Weiner Braasch
- Jasper Anger
- James, Alison, Lilian, Bayley & Annika Thomsen
- Rachael Bradley, Quentin, Nathan & Anna Welch
- Claire Eatson
- Hamish Lewis
- Anna Atchley
- Bryce Watson

Map cards for sale

The club is offering pre-paid map cards for the first time, this year. These will be for sale at Registration at events.

The card will be valid for 5 events and will cost \$24 for individuals or \$63 for families. This gives you a saving of \$1 or \$2, respectively, over the 5 events and will help speed up the registration process at events.

To redeem the card, bring it along to your next event, present it at Registration and receive your maps in exchange - all done!

If you have trouble finding cash before an event, then the map card will solve your problem and it could even make a suitable gift for a hard to buy for person!

Geocaching with the Hudsons aka W.E.K.A.

Several orienteers have asked me to explain Geocaching.

Geocaching is a worldwide game dedicated to GPS (Global Positioning System) users. The game basically involves a GPS user hiding a cache (a container and its contents), and publishing the exact coordinates so other GPS users can come on a "treasure hunt" to find it. The only rules are: if you take something from the cache, you must leave something for the cache, and you must write about your visit in the logbook.

Geocaching has been described by some as using billion dollar satellites to find Tupperware. We use a hand held GPS to find hidden caches which have been placed all over the world. Our GPS is a Garmin, with maps showing contour lines. There are about 2000 caches in the South Island and over 500,000 in the world. The website is www.geocaching.com

We began geocaching in September 2006 and since then have found more than 800 caches.

We thought orienteering took us to places we would never normally have visited. Geocaching does this even more. Many caches are in historical places with others requiring quite a walk to find. A couple of weekends ago we walked 20 kms up to Swampy and to several other spurs and places along the ridge.

To find a cache one has co-ordinates such as

E 45 .22.675

S 169 44 227

The GPS is usually accurate to about 5 metres and often it is spot on.

A cache is usually a small container with a log book for cachers to sign to prove they have found the cache. A cache size ranges from a finger tip size to a 20 litre bucket. One also logs that the cache has been found on the website. Reading other people's logs can be quite entertaining. The cache may also contain "swaps" which are small trinkets. With swaps, you can take something and leave something to replace it. Caches may also contain travel bugs. A travel bug (TB) is a trackable item that moves from place to place, picking up stories along the way. Most TB's have a goal. We have a Volvo matchbox car which is currently in New South Wales. We named it "Dunedin Volvo". Mark, our son who lives in Palmerston North, has a "Palmy Evo". "Dunedin Volvo" started from Dunedin, New Zealand, and is racing an Evo from Palmerston North to see which car can travel further and faster, which is the goal. The Evo is winning by a long way as it has been to Australia and is currently in the USA.

Last week we drove a devious route to Cromwell finding a few quality caches along the way. The first was in Gimmerburn Cemetery, hidden by Kev Knowles. After that I had to bike some of the Rail Trail to retrieve a cache above a tunnel. Grant had said it was above the tunnel, which indeed it was, but not the first tunnel! I had to bike in the dark through the first tunnel, to get to the second tunnel. I just hoped there were no rocks for me to hit in the dark.

Another of the caches we found was, at Serpentine Union Church (Otago).

Here is some of the information about Serpentine from the website.

Gold mining at the Serpentine began in 1863. At an elevation of 1000m it was the highest gold town in Otago and probably in New Zealand. The church was built in 1873 with funds donated by the miners. According to a legend the minister arrived late for the opening of the church and found that the congregation had been passing the time in the nearby pub. After the first hymn the congregation, suitably lubricated,

thought that their singing had been so good that they should give an encore. They apparently performed this with great enthusiasm. One can only imagine the minister's response! Records show that by 1902 (and probably earlier) the church was no longer being used for its intended purpose and was being lived in by miners. Today the church is the only surviving building at the Serpentine.

Below is the log we recorded on the website.

As you say this is not a cache to be taken lightly. We first found the cache at the Poolburn Dam and then continued on the Old Dunstan Road and into Long Valley Ridge Road until it seemed a sensible idea to stop driving and mountain bike the rest of the way. The Old Dunstan Road is fine for driving, wet or dry, even in a 2WD although there is one ford which could be a problem at times. Long Valley Ridge Road is definitely dry weather only. It has good sections but also some sections with deep ruts (40 cm plus) from big 4WDs going through when it is soft and wet. These required precision straddling and driving on this road is not recommended for inexperienced or faint hearted drivers. Our vehicle is a Volvo V70 XC AWD station wagon and we got as far as the gate at E 45 22.675 S 169 44 227, before Mr W.E.K.A.'s frazzled nerves gave out at the sight of a very long section with deep ruts. While he had a snooze to recover, Mrs W.E.K.A. biked the 6.25 kms to the church. Much to my surprise when I arrived I found a large group of people with large 4WD vehicles parked and camped for the night. Apparently they come here every year for one night. One man from Norfolk Island was very excited and asked if he could come and help. He came and videoed the whole procedure and got me to read out the history on the geocaching sheet for his video.

Because Serpentine is so isolated we are only the third people to visit it in a year. We have 4 caches of our own. Our first cache which is beside the harbour, has been in place since August and has had 23 visits. A more recent cache is by Cherry Farm and is called "Top Hat". You might be able to find it without a GPS.

Are we crazy? The answer is very possibly yes. It is a really addictive and fun hobby.

Jennifer Hudson

(Reprinted from DOCUMENT, the magazine of the Dunedin Orienteering Club)



Kate Gray and Lucy Moore try out the Kaweka School Challenge shield for size. Lucy was part of a winning double double at Kaweka. There's a chocolate fish for the first reader to contact the editor and explain what it was.

Volunteer of the Month

January — Deborah Turner



Deborah Turner is recognised as our Volunteer of the Month for January. And high time too. Deborah has been on the Kaweka Challenge committee for 'oh goodness . . . 15 years or so'.

In the 'old days' she used to sit on the top of Kaweka J on the Saturday. She did that for 10 years or so. Last year she actually ran it herself. Deborah has been doing the publicity all year leading up to the event — getting the message out and doing the promotion.

On the Sunday she has always been on the finish line, standing there to welcome the finishers in and give them chocolate bars and drinks . . . helped by the Howell girls this year. There were 320 finishers this year, down a little on the record numbers of the year before last. But one trend in the event has been the increase in Hawke's Bay people doing it. Last year their numbers were up 50% on 2006.

And Deborah says she always helps when called upon for school events.

How long have you been involved with orienteering?

I think about seven years. I started just before I got on the council.

How did you get involved with orienteering?

Max got me into it. He was on the Kaweka committee. He knew I loved running and thought I'd enjoy it. I wish I'd got into it much sooner now.

What do you remember about your first event?

I could look up my diaries. It was harder than I thought. I started on yellows.

What courses do you usually run?

Red short for OY and usually red medium for the others. I like the longer courses. I don't know how I'll go with one lung (after her recent operation)

What do you enjoy about orienteering?

The challenge! I'm one who likes them. I like the fact that it's not just running — you've got an aim. It's good mentally as well. It's teaching me to concentrate. And I love going to all sorts of different places.

If we met you during the week, what would you be doing?

I'd be round the council table at the HDC. Or I'd be going round the sheep — I run a farm at Puketitiri. It's mostly in pine trees. Pete is now a contractor. We have sheep and cattle which graze in the forest. Just going round the stock keeps me fit. In any spare moments I give music lessons. I've got a flute, a violin and a piano at the moment.

(Above) DEBORAH WELCOMES A FINISHER: At least I could be there . . . I wasn't going to be

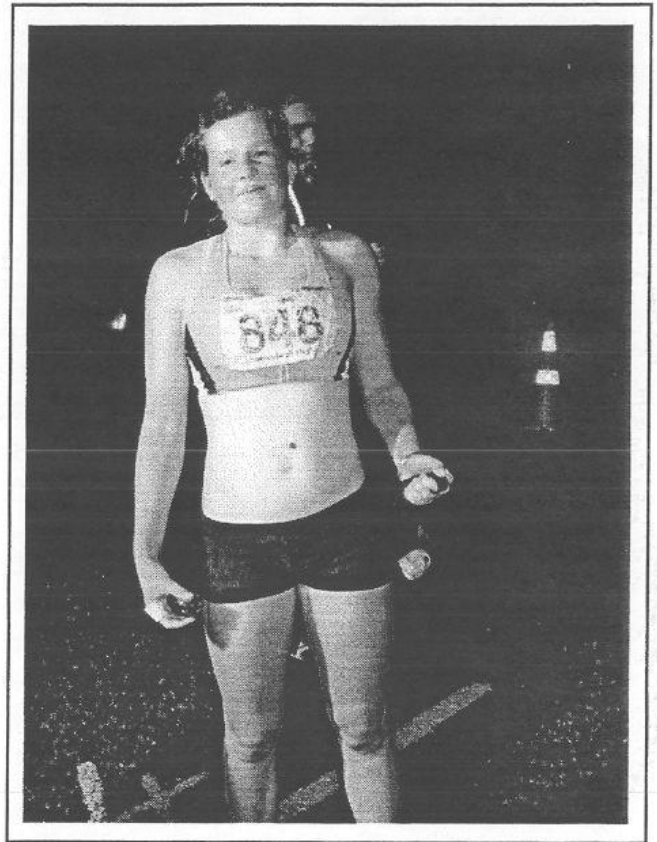
Volunteer of the Month

February — Jaime Goodwin

Jaime is February's volunteer for helping on the Hawke's Bay junior camp. It was the second time she had done so. This included setting out and collecting up the courses, organising the night time activities and helping the other tutors.

Teaching is always an eye-opener and often the best way to clarify something in your own mind. Asked what had surprised her the most about taking the younger ones (and some her own age), it was that so many of them didn't know contours and obviously didn't use them. You find that what is so obvious in your own mind just isn't in somebody else's . . . and you have to think, now how do I explain this?

Jaime's experience has also been useful to her Havelock North High teammates going to Scotland for World Schools. She has run sessions on simplification and led a session looking at the maps they will be running on in Edinburgh. More recently, Jaime has been filming for the team's tourism fair item for Scotland — the footage will be a part of their presentation on 'why you should visit our country'.



How long have you been involved with orienteering?

Since 2000.

How did you get involved with orienteering?

The Barretts and my father introduced us pretty much. We've all mastered it. He hasn't.

What do you remember about your first event?

We went up Te Mata Peak with mum and we just guessed what we were doing and tried to look really pro.

What courses do you usually run?

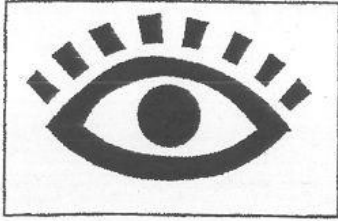
(looking at Duncan whose course she had just run): Super-O. No, red medium.

What do you enjoy about orienteering?

Seeing Duncan. I know everyone says this but the challenge of having to use your brain and go fast at the same time. And the social side. There's heaps of cool people. (Lou in the background: I thought it was just to get away from me)

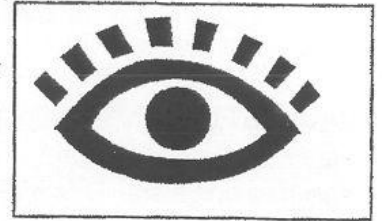
If we met you during the week, what would you be doing?

SKOOL . . . and gymnastics, definitely. Running at 5.30 in the morning — it's really cool. This big harvest moon is so pretty. Homework, kind of. BEBO. Watching Anchorman on my sister's Ipod. (More from Lou: definitely NOT washing, cleaning, cooking or tidying her room)



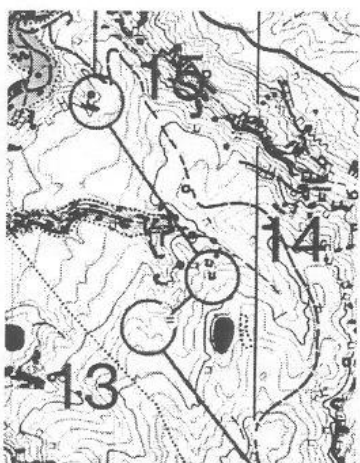
Eye in the sky

By the magpie



- * Stewart Hyslop does not believe in uncrossable cliffs. At the recent Smedley event, he decided to go up a gorge which showed exits via a couple of watercourses, albeit narrow. Unfortunately, what he hadn't noticed on the map was another tiny watercourse, which he came to first, that had no exit, but had uncrossable cliffs at the end. So Stewart, sailed on up, and confronted by this obstacle, continued. He claims he had feared for his own safety, but being old and stubborn, refused to let it beat him, and scramble out he did. Not bad for an M70. Undeterred, he continued on to win!
- * Diane Lucas had a memorable day at Smedley, though she probably would call it something else. Firstly, her grandson threw a \$50 toy monster truck in the dam at the finish. Paul Jones, noble man that he is, volunteered to wade in to try and find it, in what Max MacEwan had claimed to be a typhoid infested pool of water. After a bit of wading around and fine use of a long stick, he managed to find it and extract it. Then while Diane was out on her course, the boys had managed to find the keys of the car and somehow flattened the battery. To make things worse, poor Diane was faced with this news after spending nearly two and a half hours out on her course. Exhaustion proved too much for her to become violent, though by the look in her eyes, the thought was definitely there.
- * Brett Sceats would not take the advice of the sage, Stewart Hyslop, even pressed, into taking a plastic bag for his map at Smedley. His map was shredded at the finish.
- * Poor Henry Porter disappeared up the Napier-Taihape road to get to Smedley. It is a long way around that way! Henry didn't arrive very late, and it reflected in his run!
- * Congratulations to Scott McDonald on becoming head boy at Karamu High. He follows in the steps of several others of our junior contingent who hold lofty positions within their schools.
- * Coffey Davidson Accountants sent their new intakes of accountants off on a course in Melbourne. Catherine Howell and Neville Smith were among them, lucky them. Melbourne has a reputation for being a good shopping area for those that have money burning a hole in their pockets. But no one competed with Neville on that front, as he splashed out megabucks on an engagement ring for his new fiancé, Julia King.
- * Hamish Goodwin and Chris Howell are still trying to get it right on the rogaining scene. After leading after 8 hours on the first day in the 'Boohai Rogaine', they proceeded to go bush on the 5 hour second day.
- * Sport HB were having a evening walk promotion at Park Island, the same day and time and place as our summer series event. They were set up with tents, water and boxes of apples. When it was all over, the apples were seemingly being distributed around the orienteers.

COURSE SETTING



Fairness is the guiding principle in setting courses. Members of the HBOC are all honourable people but even the most honourable among us may occasionally stray from the path of righteousness if sufficiently tempted. And sometimes the course setter can thrust an unfair advantage upon us, even though we would rather they didn't. I shall set out a few tips on this subject.

We shall also have a look at a couple of other points that will turn make your good course into a great course.

Out of bounds. We may have marked an area, such as a farmer's backyard or a paddock of newly planted crop, as out of bounds on the map. We must then make sure that we set our courses so that they limit the temptation to "just take a little shortcut" across the out of bounds area. The farmer will not be amused but apart from that, taking shortcuts gives an unfair advantage.

The same sort of thing applies with park and school maps. Try to avoid placing controls on opposite sides of the school's prize rose garden!

Dog – legs. A prime example of the fairness principle at work is the dog-leg. We must avoid positioning a control in such a way that runners approaching the control from the expected direction can see earlier runners exiting from the same control. That is a dead giveaway and gives the second runner an unfair advantage. Pick a control feature that will allow the runners to flow through and exit in a way that they cannot be seen by those following.

Competitor visibility. This is another example of the fairness thing. The rules say that "the visibility of the control should be the same whether or not there is a competitor at the control site". If the control flag is behind one of several one metre high boulders, everyone will pick which one it is if they can see previous runners standing there punching the control.

Bingo controls. Perhaps "Lotto" controls would be a better term these days. The rules say that "controls must not be sited on small features visible from only a short distance if there are no other supporting features on the map." In other words, a one metre high knoll in a flat patch of forest is a bingo control. If the area is generally featureless, the size of the control feature should be 10% of the distance from an attack point. That is, if you have to approach 80 metres through the forest, the small hill that is the control feature should be 8 metres across. Orienteering is supposed to be about skilful navigation, not luck.

AB

Hereworth SS 1— 30 January 2008

Setter: Jaime Goodwin Vetter: Amber Morrison

Loop course

Scott McDonald	18.11	Hamish Lewis	38.23
Jack Vincent	20.03	B. Harrison	38.33
Duncan Morrison	20.08	Peter Watson	38.45
Chris Howell	22.07	Paul Hodgkinson	39.03
Laurina Neumann (Aust.)	22.09	Christine B (U.S.A.)	39.27
Andrew Peat	22.33	Elise Yule	39.27
Simon Jager	22.39	Nicole Jones	39.45
Brett Sceats	24.59	Mackereth family	40.00
Krystal Neumann (Aust.)	25.31	Joel Willetts	40.32
Rolf Boswell	25.54	Callum Herries	40.50
Chloe Gregory	25.57	Heather & Marie Jones	40.51
Alex McCormack	26.05	Georgia Wedd	41.19
Rory Hart	26.23	Elzine Braasch	41.33
Bryan Staunton	26.58	Kathryn Manson	41.57
Derek Morrison	27.01	Greg Pearse	42.29
Chris McDonald	27.05	Rebecca Manson	42.50
Kate Morrison	27.22	Kirsten Hughes	45.54
Sara Bailey	27.37	Catherine Howell	47.56
Luis Slyfield	28.20	Catherine Clark	48.34
Olivia Gregory	28.25	Abi Gray	48.59
Cara McDonald	28.31	Amber Helliwell	49.58
Geoff Morrison	28.51	Tui Craven	51.16
Allan Hughes	28.55	Caitlin Jones	51.35
Steve Armon	29.09	Sharon Mardon	52.45
Sam Haslett	29.37	Philip Baker	53.40
Gary Gregory	30.05	D Braasch	54.36
Paige Heavey	30.18	Elizabeth Atchley	55.28
Sarah Anderson	30.33	Tessa Hocking	61.36
Jane Herries	30.46	Claire Eatson	63.17
Hugh Forlong Ford	31.00	Harriet Baxter	63.24
B. Watson	31.09	Sarah Baxter	67.11
David Fisher	32.03	Helen Howell	70.26
Kate Hensman	32.17	Jayden Hughes	76.33
Iain Murray	32.25	C & J Pattison	81.04
Lucy Lambess	32.32	Ryan Sunnex	DNF
Mark Irwin	32.37		
Pamela Morrison	32.59		
Simon Wallis	33.31	<u>White</u>	
Kate Gray	33.43	Sarah Davidson	6.42
Murray Harty	33.46	Katie Hocking	6.48
Michael Murray	33.54	Brandon Jones	6.51
Jack Harker	34.34	Vaughan Sceats	6.52
John Craven	34.46	Colwyn Forlong Ford	6.56
Craig Sceats	34.58	Heather Jones	7.34
Faye McDonald	35.06	Rick Hocking	7.55
Naomi Anderson	35.36	Megan Davidson	8.13
Tim Anderson	35.44	Caitlin Jones	8.17
Madeleine Parker	36.12	Robyn Hocking	8.41
Sean Morrison	36.37	Rachael Bradley	8.46
Richard Hocking	36.41	Richard Powell	9.20
Robbie Love	36.57	Hannah Jones	11.17
Henry Porter	37.31	Alana Gilmore	11.23
Virginia Irwin	37.41	Linda Gordon	11.34
Anna Powell	38.22	Dave Smith	11.43

Marie Jones	11.56
Mitchell Jones	12.04
Emma Boswell	12.16
Caroline Howell	12.33
Cohen Hughes	13.16
Monica McKay	13.39
Blake Boswell	13.50
Michelle & Maddy	14.27
Sandra Green	18.43

Hereworth Report

Well Hereworth is a pretty nifty little map. Teamed up with Havelock High, Havelock Intermediate and my superior course setting skills (cough, cough) it was sure to be a good start to the orienteering year!

I planned some courses about a month out from the event and delivered them to Amber, my amazing course vetter! She checked over the courses and we made a few small alterations to them. I went off to gym camp and Amber spent the week beforehand checking all the sites.

On the Sunday before the event I cycled ALL the way to town to put my courses on the computer at Pam and Geoff's. A few more small changes were made and we were good to go!

I spent Monday and Tuesday out at coaching at the junior camp and on Wednesday afternoon Dad and I picked up the caravan and cruised over to Havelock.

I boosted it around the three schools putting the controls in what I thought was the perfect/close to perfect places . . . I looked a right dork running round with a bucket of chains etc in each hand!

Then it was time for action!! Everyone began to arrive and it was chaos! Apart from a slight misplacement on the loops course (Sorry Rach — you were the only one to get caught out!) and a little bit of dodgy mapping over at the high school I think it was a huge success!

Thanks to Amber, Mum and Dad, the Gregory Family and Pamela for all your help! Also thanks to everyone who came to me and said thanks. It's really cool when people come to you and say they enjoyed your event . . . remember that guys!

Good luck to everyone for the rest of the year — especially course setters and veters!

Jaime



Run all the way to the top, Nicole — we're watching.

Stoney Creek SS2 — 6 February 2008

Setter: Ryan Mitchell

Vetter: Alan Hughes

Loop (74) 3.4 km 0 C

1	46 Sam Eames	16:32
2	94 Geoff Morrison	19:44
3	42 Sam Haslett	20:15
4	30 Bryan Staunton	20:44
5	73 Gary Gregory	21:44
6	58 Jon Eames	22:03
7	75 Olivia Gregory	22:21
8	78 Chloe Gregory	22:46
9	66 Nic Harty	23:08
10	64 Alex McCormack	23:19
11	55 Murray Harty	23:22
12	81 Luis Slyfield	23:33
13	47 Paige Heavey	23:44
14	70 Sophie Eames	23:48
15	29 Kate Gray	24:41
16	72 Katie Eames	24:43
17	26 Sean Morrison	24:46
18	27 Steve Armon	24:50
19	37 Elise Yule	24:59
20	67 Pamela Morrison	25:09
21	60 Kent Parker	25:17
22	57 Kate Hensman	25:44
23	6 Michael Murray	26:27
24	31 Bev Harrison	26:44
25	83 Jo Eames	27:01
26	25 John Craven	27:39
27	21 David Fisher	27:48
28	28 Paul Hodgkinson	27:57
29	63 Madeline Parker	28:23
30	43 Paul Jones	28:29
31	84 Murray Richardson	28:33
32	77 Simon Wallis	28:40
33	17 Henry Porter	29:30
34	52 Olivia Pearce	29:37
35	34 Bryce Watson	29:42
36	53 Greg Pearce	29:51
37	10 Hamish Lewis	30:38
38	85 Philip Baker	31:02
39	22 Sam Hodgkinson	31:17
40	76 Chris Mackereth	31:23
41	82 Alan Berry	31:37
42	38 Colin Watson	31:47
43	54 Nicole Jones	31:58
44	36 Elzine Braasch	33:45
45	68 Mark Irwin	34:12
46	62 Catherine Howell	34:26
47	50 Pamina Falck	34:27
48	48 Callum Herries	34:45

49	71 Virginia Irwin	35:02
50	20 Andrew Mitchell	35:42
51	49 Abi Gray	36:18
52	80 Jane Davidson	38:31
53	96 Harriet Baxter	38:32
54	41 Dieter Braasch	38:44
54	91 Chris Mitchell	38:44
56	79 Daniel Jimmieson	40:31
57	89 Bronya Sam Rosalie	41:28
58	69 Christine Boucher	42:32
59	99 Anne Baxter	43:02
60	51 Sharon Mardon	44:34
61	92 Gail Gregory	46:17
62	95 Brandon Jones	47:08
63	88 Sarah Davidson	51:31
64	87 Helen Howell	55:58
65	90 Jayden Hughes	56:08
66	100 Caitlyn Jones	1:03:54
67	86 Robbie Love	1:04:03

8	Iain Murray	disq
23	Andrew Tyrell	disq
59	Catherine Clark	disq
93	Marcus Yule	disq
1	Hugh Forlong-Ford	dnf
97	Mandy Karen	dnf
98	Sarah Baxter	dnf

White (25) 1.3 km 0 C

1	39 Thomas Hensman	9:39
2	11 Grace Irwin	11:19
3	24 Brandon Jones	11:20
4	18 Megan Davidson	11:33
5	9 Lili Thomson	13:17
6	19 Andrea Yule	13:41
7	40 Nathan Welch	13:49
8	2 Georgia Richardson	14:33
9	35 Cohen Hughes	14:36
10	7 Caitlyn Jones	15:19
11	56 Kim & Hilary Mitchell	15:24
12	13 Alison Thomson	15:44
13	3 Sam Webb	16:17
14	4 Rosalie Wilson	16:18
15	5 Bronya Webb	16:20
16	12 Callum Yule	17:31
17	32 Caroline Howell	17:48
18	61 Brett Alana Michelle	18:17

19	44 Whyte Family	18:52
20	14 Bird Family	21:54
21	15 Bird Family	22:09
22	65 Rachael Bradley	25:29
23	74 Max Craven	29:12
	16 Monique Yule	dnf
	33 Mitchell Jones	dnf

Setter's Report

When I first was asked if I would like to set a course, I said I'd give it a go. The next thing I knew it was two weeks to the event and I hadn't even got a map yet. But after a talk with my vetter, Alan Hughes, and a map from David Fisher, I was feeling a bit more confident.

Alan and I went out to Stoney Creek to scout the area and figure out the control sites. Four hours later we had our courses. I went home and put them into Condes and found the loop course was nearly 4km. After some readjusting we shortened it to a reasonable length.

On the day, we turned up a few hours before, thinking we had plenty of time to set up. We had put out the controls and double-checked them, then set up the start and finish. Before we knew it, the runners were almost ready to start and we still weren't ready. We had a mad dash to finish setting up and chase the cows away, but we managed to get everything ready for the first runners.

It was very amusing watching all the runners run off in all directions (sometimes the right one). There were lots of spectators who brought their fold out chairs to support the runners. It was great fun for everyone.

I was very happy with my first attempt at setting an orienteering course. The weather was awesome; I was half expecting to be sitting in the rain (hence the finish under the tree house). We had a good turn out: 74 people did the loop course and 25 did the white. The course was set perfectly and there were no complaints.

Thanks to Alan for being an awesome vetter and making sure the event went without a hitch. Thanks to Jasper and the Mitchell family for manning the caravan. Also thank you to all the people that helped out with the event.

Ryan

Good luck at the sports awards . . .

When the punters settle back after their \$75 dinner to watch the Hawke's Bay Sports Awards on Friday 28 March, there will be a decent smattering of orienteers among them. The club is a finalist for Club of the Year and two of the school teams are in as finalists for Junior Team of the Year: the Havelock North High girls and the Napier Boys' boys. Some of the orienteering girls are double-dipping — Olivia Gregory, Elise Yule and Kate Hensman are in the HNHS 1st XI cricket team which is also a finalist for Junior Team of the Year.

Park Island SS3 — 13 February 2008

Setter: Paul Jensen

Vetter: David Fisher

Loop

Scott McDonald	19.47	Elzine Braasch	41.14
Duncan Morrison	21.18	Anna Powell	42.03
Sam Eames	21.56	Callum Herries	42.04
Hamish Goodwin	22.08	Colin Watson	42.04
Jamie BW	22.53	Henry Porter	43.39
Jaime Goodwin	23.21	Alan Berry	44.12
Chris Howell	23.21	Harriet Baxter	44.19
Chris McDonald	24.14	D & N Braasch	44.46
Kate Morrison	25.13	Robbie Love	44.58
Geoff Morrison	25.15	Naomi Anderson	45.23
Bryan Staunton	25.30	Nicole Jones	45.48
Cara McDonald	25.37	Andrew Mitchell	46.07
Sam Haslett	26.08	Bev Harrison	46.09
Thomsen	27.11	Jasper Mitchell	46.14
Murray Richardson	28.20	Pamela Morrison	46.28
Bryce Watson	28.34	Sarah Davidson	46.40
Iain Murray	28.35	Heather & Marie	46.45
Hamish Lewis	28.44	Sam Hodgkinson	46.53
Luis Slyfield	29.03	Elise Yule	47.01
Rolf Boswell	29.32	Kate Gray	47.03
Steve Armon	29.58	Heidi Fraser	47.07
Amber Morrison	30.58	Jillea Hewitt	47.12
Thomas McCormack	31.26	Colin Tait	47.23
Michael Murray	31.31	Ryan Sunnex	49.15
Allan Hughes	31.37	Catherine Clark	50.23
Tom Harrison	31.44	Natalie de Burgh	50.54
Joshua Sheard	31.52	Claire Eatson	51.00
Jon Eames	32.12	Anne Baxter	51.19
Craig Sceats	32.14	Sarah Baxter	51.58
Ryan Mitchell	32.29	Brandon Jones	52.41
Murray Harty	33.00	Ryan Lynch	53.04
Sara Bailey	33.02	Richard Hocking	53.12
Anna A	34.09	A Temple	53.54
Faye McDonald	34.39	Amber Helliwell	54.36
Phillip Herries	34.41	Olivia McKay	54.37
Sean Morrison	35.01	Lara Lindsay Parker	54.38
Richard Lynn	35.09	Katie Hocking	55.40
Kate Haselhoff	35.12	Elizabeth Atchley	56.53
Andrew Tyrrell	35.20	Marieke & Alice	58.09
Paige Heavey	36.12	Sharon Mardon	58.29
Virginia Irwin	37.15	Jane Davidson	60.04
Mark Irwin	37.17	Mandy & Michelle	60.57
Jennie Barrett	37.22	Phillip Mardon	61.06
Paul Hodgkinson	37.37	Lilian Thomsen	61.54
Georgia Wedd	38.44	Alan & Brett	65.56
Chris Mackereth	38.46	Kim Haselhoff	66.54
Simon Wallis	39.53	Nathan Welch	74.32
John Craven	40.50	Caitlan Jones	79.03
Derek Morrison	40.55	Chris Cawthorne	DNF

White

Emilee W	13.44	Jarren Beckett	23.28
Brayden & Iewan	13.58	Vaughan Sceats	23.47
Georgia Richardson	14.51	Richard Powell	23.52
Casey S	16.04	Melita Busch	25.06
Heather Jones	16.46	Mathew & Chiverell	26.14
Rick Hocking	17.42	Brooke & Rebecca	27.44
Anna Atchley	17.47	Sarah & Daniel	28.04
Marcus Yule	17.54	M Jackson	29.37
John & kids	18.00	Maddy & Jessie	29.40
Brandon Jones	18.12	J Callinicos	31.55
Kate & Aaron	18.22	R Bradley	34.03
Emily Robottom	18.59	Dahnia & Cameron	34.05
Miranda Dowding	19.30	Jayden Hughes	36.11
Alex M	19.41	Jessica Waldron	37.09
Mitchell Jones	20.23	Nicole H & Kelly	37.23
Harry & Tom Airey	20.26	Monique Yule	37.36
Birkett	20.39	Rachel Brittany Hannah	38.50
Andrea Yule	21.11	Amy & Brooke	45.36
Hamish Ross	21.48	Nicole & Courtney	55.58
Brittany Stanford	22.01	Cohen Hughes	DNF
Callum Yule	22.13	Marie Jones	DNF

Park Island Report — Paul Jensen

When Lesley Sceats rang me to ask whether I could set a course this year, I agreed without considering the difficulty of the task. Well, actually without considering anything at all about it! I thought I had a lot of time to prepare but I soon realised how much time has to go into setting an event.

Before I started, I thought I just had to put some points on a map for people to find! I went to the course run by Geoff and came home with a head full of new knowledge. "That will be a piece of cake," I thought. But clearly, I was wrong.

Using the Condes programme, I plotted out the course and feeling quite satisfied I headed off down to Park Island to check it out. My first stumbling block faced me. At one of my control areas just below the cemetery there were two ambulances, two fire engines, six police cars and a dead man. Of course I didn't realise he was dead at the time, but the newspaper report confirmed my suspicions. This gave me an excuse to go home as I had grown tired of the 30 degree heat. I told myself the course would be fine as I had already visited most of the control points.

David Fisher was a great help in destroying my wonderful plan and my self-esteem! After two hours deliberation I came home with a completely different but more acceptable course. On a positive note, a few of my original controls remained. I didn't realise how difficult it would be to make a course interesting without breaking any of the guidelines. Almost every control was on a track or on a tree so I tried to be more creative by placing controls in re-entrants. This was successful and hopefully made it a bit more appealing than a usual summer series course. With the feedback that I received I think it was. The course finally set, controls in place, and runners on course, I thought the hardest part was over but once again I underestimated the difficulty of a setter's job. All I had to do now was to wait for them to arrive at the finish line. For the first few minutes it was reasonably easy but as more people began swarming in like bees, frustration set in! As luck would have it – my sister's friend's mother turned up (handy to have this type of contact occasionally!) and offered a hand in sorting out these unruly competitors. I found myself wishing that the use of SI cards could become a more regularly used piece of equipment. The most difficult task of the whole job was to control the people finishing at the same time which would have been a near impossible task if help hadn't arrived.

Upon reflection, this was an enjoyable experience. Unlike other events, when I am running, I was able to catch up with everyone as they finished. It was also a great learning experience and with David's help almost all of the stress I was feeling was lifted. If I was offered to set a course again I would definitely accept the challenge.

Thanks to everyone that helped me especially David Fisher and to everyone that turned up to run.

Frimley SS4 — 27 February 2008

Setter: Brett Sceats

Vetter: Ruth Vincent

Loop

Duncan Morrison	18.16	Virginia Irwin	35.25
Jaime Goodwin	21.44	Rebecca Manson	36.32
Kate Morrison	21.51	Chris Mackereth	36.33
Geoff Morrison	23.00	Heidi Fraser	36.37
Scott McDonald	23.02	Bryce Watson	36.51
Andy Leonhardt	23.04	Nicole Jones	37.22
Sam Haslett	23.14	Jennie Barrett	37.26
Hamish Goodwin	23.53	Colin Watson	37.33
Liis Johanson	24.06	Alan Berry	37.57
Bryan Staunton	24.19	Bev Harrison	38.27
Tom Harrison	24.50	Claire Eatson	38.44
Paige Heavey	24.59	Cam Barrett	39.14
Andrew Tyrrel	25.21	Sam McWilliams	40.17
Jon Eames	25.30	Sam Hodgkinson	40.44
Gary Gregory	25.51	Philip Baker	40.49
Chris Howell	26.07	William Green	41.00
Chris McDonald	26.09	Jo Morris	41.32
Henry Porter	26.16	Mike Duckett	42.49
Olivia Gregory	26.20	Chris Mitchell	42.51
Allan Hughes	26.22	Colin Tait	42.57
Luis Slyfield	26.55	Bridget Steenkamer	43.22
Ryan Mitchell	26.56	Robbie Love	43.45
Elise Yule	26.57	Kirsten Hughes	44.13
Pamela Morrison	27.00	Anne Baxter	44.56
Steve Armon	27.25	Elizabeth Atchley	45.01
Kate Hensman	27.27	Harriet Baxter	45.41
Craig Sceats	27.35	Sarah Baxter	46.29
Phillip Herries	27.50	Tui Craven	46.52
Hamish Lewis	28.28	Sharon Mardon	47.02
Iain Murray	28.32	Josh Wright	49.14
Rochelle Sceats	28.44	Alex & Siobhan	50.03
Peter Watson	28.48	Courtney	50.31
Sean Morrison	29.26	Catherine Clark	51.07
Sam Manson	29.28	Fergus Bramley	51.07
Mark Irwin	29.30	Beatrice Hazelhurst	51.08
Michael Murray	29.47	Ryan Sunnex	55.08
Murray Richardson	29.51	Natalie de Burgh	55.16
Derek Morrison	30.00	Kathryn Manson	55.43
David Fisher	30.02	Brandon Jones	55.46
Murray Harty	30.11	Liffey Issy & Tom	57.17
Sara Bailey	30.32	Anna Atchley	57.18
Hugh & Hans	31.16	Philip & girls	58.46
Rob Poulgrain	33.03	Mariek & Alice	59.24
Jasper	33.05	Helen Howell	65.36
Paul Jones	33.11	Olivia McKay	67.09
Nic Harty	33.29	Lara Lindsay Parker	67.18
Callum Herries	34.21	Jayden & Bradley	69.10
Paul Hodgkinson	34.26	Caitlin Jones	DNF
Georgia Wedd	34.53	Lilly Lawson	DNF
Tim Anderson	35.00	Francy Sulikosky	DNF

White Long

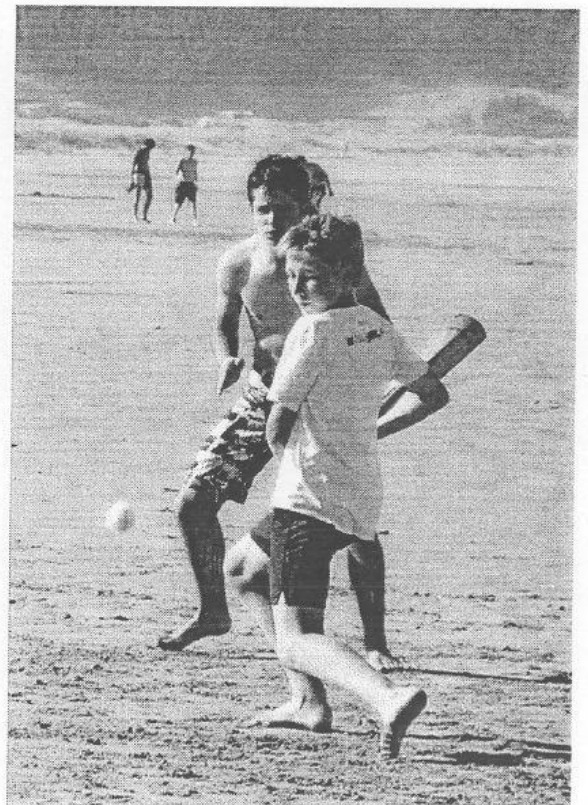
Richard Hocking	11.11
Sarah Cornes	11.38
John E	12.08
Vaughan Sceats	12.08
F Read	12.21
Brayden & Ieuan	12.50
Emilee & Anna	12.54
Sophie Cochrane	12.59
Dahnia & Cameron	13.25
Brandon Jones	13.30
Marcus Yule	13.36
Sam & Tom	14.11
Aaron & Kate	14.22
Harrison Airey	15.04
Dylan Buckley	15.43
Francy Sulikosky	15.53
Ben Savidge	16.32
Angela Sunnex	17.22
Justin Clarke	19.06
Andrea Yule	19.36
Matt Chiverrell	20.09
Maddy Bradley	21.36
Jarren Beckett	21.48
Monique Yule	22.44
Sarah & Kate	24.29
Bayley	26.36
M Dowding	28.24
Laura Tong	28.46
Connie & Britt	29.02
Beatrice Hazelhurst	DNF

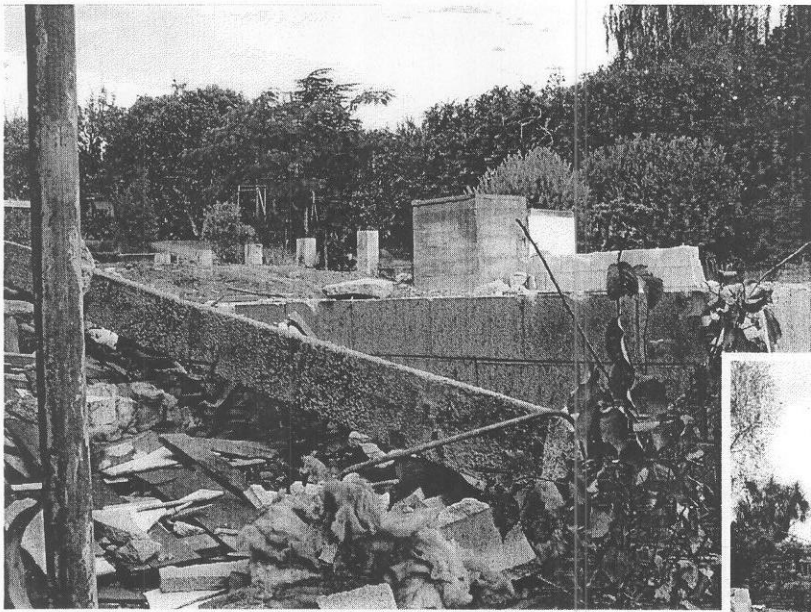
White Short

Kate Hasselhoff	10.05
Jessica Waldron	10.14
Jasmine & Monieka	11.11
Charlotte McNicol	11.14
Kim Haselhoff	11.38
Ryan Calder	12.25
Lilly Lawson	12.42
Megan Davidson	12.44
Becca Porter	12.48
Hannah G	12.49
Melita Busch	13.12
Rosie Livesy	13.41
Thomas Hensman	13.56
Richard Seymour	14.30
Nicole & Kelly	15.18
Amy & Melissa	16.54
Connie & Molly	17.16
Caroline Howell	18.04
Tyler Birkett	18.14
Dad & Ben	19.09
Rebecca & Jesse	20.33
Kelly Mulvay	20.40
Cohen Hughes	20.52
Nicola Martin	21.18
Andrew Tong	23.42
Georgia Richardson	23.47
Sharon & Sarah Tong	24.02
Annika	24.32
Brook & Rachael	25.35
M Bramley	26.05
Lachie & Deby Mills	27.00
Mitchell Jones	49.18

Frimley Report

The Frimley Park event was described by the setter as "an event that was just not meant to be." He experienced many difficulties while using the Condes Programme to make the maps, as he first didn't know how to save the map — he got to know where each control was going to be put very well. After a while the programme played its part but when he went to send it to be printed, it was found that Brett had used the wrong programme. This led to a lot of trouble as it ended up being faxed and re made on the proper programme. It was worse than it sounds, way worse. In the end the maps were printed and Brett had a very stressful time at the start. There were many white course runners at this event and this led to both white courses having to recycle maps. A big thanks must go to Ruth for her calm vetting ability, and Jo and Alex Harty-Morris for keeping the caravan under control.





P-LAB EXPLOSION? . . . all that remains of 27 Margaret Avenue, Havelock North.



HBOC 2008 Fixtures

Date	Hawke's Bay	Map	Other Events	Setter	Vetter	Assistants
Wed Mar 12	SS6	Tainui Reserve		Sean Morrison	Geoff Morrison	Diane Lucas
Mar 16	OY — 1	Old Smedley		Scott McDonald	Rob McDonald	Muir Family
Mar 21			Nationals — Sprint: Henley Lake			
Mar 22			Nationals — Middle: Te Wharau			
Mar 23			Nationals — Long: Te Wharau			
Mar 24			Nationals — Interclub Relay: Hapua Wetlands			
Mar 30	HBOC Club Event 2	Mission		Andrew Mitchell	Norris Cox	Sharon Mardon
Apr 13	OY — 2	Maraetotara		Murray Richardson	Alan Berry	
Apr 27	HBOC Club Event 3	Te Aute		Stewart Hyslop		
May 2	NISS Individual	Tangoio	Hawkes Bay	Geoff Morrison	Rolf Boswell	TBA
May 3	NISS Relays	Tangoio	Hawkes Bay	Geoff Morrison	Rolf Boswell	TBA
May 4	HBOC Club Event 4	Tangoio		Geoff Morrison	Rolf Boswell	TBA
May 11	School Practice	Te Mata Peak				
May 18	HB Schools Ind	Te Awanga		Colin Jones	Pamela Morrison	TBA
May 24-25			NZ Rogaining Champs	Rotorua/Taupo		
May 31-Jun 2	QB 3-day Event (Red Kiiwi)		Wiritoa Osgiliath Bombing Range			
Jun 8	OY — 3	The Slump		Alan Hughes	Chris Howell	Hughes / Howell
Jun 15	HB Schools Relay	Gruinard		Ken Holst	TBA	
Jun 29	HBOC Club Champs	Whanawhana		Rob Poulgrain	Richard Lynn	
Jul 13	HBOC Club Event	Over the Hill		Havelock High Students	Steve Armon	
Jul 18/19	Silva Secondary School	Champs, Hamilton				
Jul 27	Mid Series #1	Tutaekuri River		Tim Anderson	Rolf Boswell	
Aug 10	Mid Series #2	Pukeora Hill		Iain Murray	Hamish Goodwin	
Aug 24	Mid Series #3	Lower Tuki Tuki		Kate Morrison	Jon Eames	
Sep 7	OY 4	Tangoio		Sam Eames	Ken Holst	
Sep 21	Handicap Score Event	Te Mata Park		Grant Edmonds	Chris Howell	
Oct 5	Teams Score Event	Rowe Road		Henry Porter	Pamela Morrison	
Oct 19	Score Champs	Horse Shoe Bend		Hugh Forlong-Ford	Rob McDonald	
Oct 25,26,27			Labour Weekend (North West)			
Nov 2	OY — 5	Taheke		Mark Irwin	Hamish Goodwin	
Nov 16	OY — 6	Whanawhana		Murray Harty	Derek Morrison	
Nov 30	Surprise	TBA		Jack Vincent	Keith Vincent	



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