

# AOA Orienteering Champs 2016

Saturday 7<sup>th</sup> May – Sunday 8<sup>th</sup> May

Hosted by Auckland Orienteering Club

**Event website:** <http://www.orienteeringauckland.org.nz/>

**All Enquiries:** Martin Crosby, Event Coordinator  
Phone: 021 757014  
Email: martin@crosbybusiness.co.nz

## Event Schedule

### Event 1: Saturday 7<sup>th</sup> May – Middle

Beautiful Hills, Restall Road, Woodhill

10.30am	Registration
12.00 (midday)	First starts
4.00pm	Course Closure

### Event 2: Saturday 7<sup>th</sup> May – Night Sprint

Motions Road, Western Springs

6.00pm	Registration
7.00pm	First starts
9.00pm	Course Closure

### Event 3: Sunday 8<sup>th</sup> May – Long

Puketapu Road, Restall Road, Woodhill

9.00am	Registration
10.00am	First starts
2.00pm	Prizegiving
2.30pm	Course Closure

## Welcome

Auckland Orienteering Club welcomes you to the Auckland Orienteering Championships 2016.

Three distinctly different events over the weekend will test the full range of your orienteering skills. And with Oceania and World Masters 2017 now just around the corner, the two forest events provide a welcome opportunity to hone your skills in Woodhill terrain in preparation for these events.

The Beautiful Hills map for the Middle has only been used once over the last few years and was a favourite for many who ran it. Expect to be challenged physically and mentally with terrain that varies from classic Woodhill to dense native bush from one control to the next.

The Sprint promises to be a sprint with a difference. Western Springs offers tricky route choice legs at every turn and throw in a little bit of darkness to the mix, you will have to use all your skills to come up with a good result.

The Long is classic Woodhill, where success comes from finding the right balance between maintaining map contact and flat out speed.

To add to the excitement, we will also be scoring the event as a multi-day competition. This means that if you enter the same age grade for each event you will be given points towards the overall championship based on your time in each event relative to the winner in your grade. At the final prize giving on Sunday afternoon we will announce the overall championship winners in each grade!

None of this would be possible of course without the generosity of the landowners in giving us access to these venues, and a team of very hard working club members, whose ability to multitask by bringing together these Auckland Champs, while at the same time running the final events of our summer series, hosting a training day, plus successfully meeting some significant course setting and mapping deadlines for next year's Oceania/World Masters makes me very proud.

On behalf of the club I welcome you to the Auckland Champs, wish you success, and hope you come away with new skills that will improve your orienteering in events to come.

*Martin Crosby*

***President, Auckland Orienteering Club***

## Key Officials

<b>Event Coordinator</b>	Martin Crosby
<b>Entries &amp; Start Lists</b>	Mervyn Paitry
<b>Registration</b>	Joanna Stewart
<b>Event Centre Manager</b>	John Parsons
<b>Start Box Controllers</b>	David Scott & Bronwyn Holcombe

### Saturday 7<sup>th</sup> May – Middle

Planner	Scott Vennell
Controller	Dwayne Smith/Greta Knarsten

### Saturday 7<sup>th</sup> May – Sprint

Planner	Tommy Hayes
Controller	Joanna & Alistair Stewart

### Sunday 8<sup>th</sup> May – Long

Planner	Alina Smirnova
Controller	James Crosby

## General and Technical Information for All Events

### Complaints and Protests

If you wish to make a complaint, please do so in writing at the Registration Tent. This must be done within 60 minutes of completing your course.

The Event Controller will consider the matter that you have raised and advise you of their decision. There is no charge for making a complaint.

If you are not satisfied with that decision, you may ask that the complaint be considered as a protest. A fee equal to the entry fee that you paid for that day's course is then payable but this fee will be returned if your protest is upheld.

A panel of A-Grade Controllers who have entered the event will be identified. For any protest a 'jury' will be selected from the panel as appropriate with respect to the protester's family and club and those present at the Event.

### Control Descriptions

For all events, control descriptions will be both printed on the maps and available loose at the start.

Yellow and White courses will have control descriptions in English.

Orange courses will have English descriptions on the map and both pictorial and English loose descriptions.

Red courses will have pictorial control descriptions.

In the sprint course 1 to 4 will have pictorial descriptions but there will also be loose English control descriptions available for course 4. Course 5 will have English control descriptions.

If you are running a Red course and are unfamiliar with IOF pictorial control descriptions refer to the IOF Resource "IOF Control Descriptions" at <http://orienteering.org/resources/mapping/>

## Dogs

Well controlled dogs are permitted at the event but not permitted on the race courses themselves.

## Event Status

Saturday's Middle has been granted A-level status by Orienteering New Zealand.

## Maps

Maps will be printed on Teslin waterproof paper. Plastic bags will also be provided should competitors wish to use them.

Copies of the maps as used previously are available on the event website and at the Event Centre for the event.

## Map Legends

Legends have not been printed on maps. A list of IOF Orienteering Map Symbols is printed at the back of the programme and will be on display at the Event Centre.

## No Smoking

Smoking is prohibited at ALL events, including inside vehicles and while travelling on forest roads.

## On the Day Entries

On the day entries will be accepted on a first come first served basis, at the discretion of the Event Controller and depending on the availability of maps.

On the day entrants will start after all other competitors and will not feature in the official results.

Event fees for on the day entries are:

Day 1 Middle	Beautiful Hills \$40 seniors, \$20 juniors
Day 1 Night Sprint	Western Springs \$30 seniors, \$15 juniors
Day 2 Long	Puketapu Road \$40 seniors, \$20 juniors

In addition:

Senior participants who are not affiliated with an orienteering club, must pay a non-club member levy of \$10 for each race, juniors \$5.

SPORTident card use is mandatory. Hire cost per day is \$3 or free for age 10 and under.

## Start Procedures

All participants need to be aware of the start procedure information in this event programme. Details contained in this programme will not be announced at the start. If required, there may be brief instructions at the start if the details are not included in this programme.

All competitors will have an allocated start time and are expected to be present through each step of the pre-start procedures.

**PLEASE REPORT TO THE START AREA AT LEAST 6 MINUTES BEFORE YOUR START TIME.**

THE START PROCEDURE FOR ALL EVENTS IS:

At the start there will be a clock displaying the RACE TIME.

minus 3 minutes	Competitors are called up to the prestart area and clear SI card on entry. Their SI Card number will be checked against the entry list.
minus 2 minutes	Competitors receive control descriptions.
minus 1 minute	Final portion of start box. There will be a final check station. Special instructions are given.
Start	Time will be indicated by the start clock.

**If you are late for your PRE-START CALL UP TIME**, tell the Late Start official who will be at the Start. It will be at the discretion of the Late Start official whether he/she can fit you into your allotted slot or how you will be fitted into the start at the first convenient time, but your race time will run from your original start time. The start team will note the time slot you start in.

If you consider that you have a valid reason for being late, explain that to the Event Controller after you have finished.

## SPORTident Card Use

SPORTident card use is mandatory. If you have not used a SPORTident Card before, the thin long elastic band is worn around the wrist as a backup to avoid loss and the SPORTident card is worn on the index or middle finger. Adjust the finger band so it is tight and comfortable on the finger. If you are unsure, please ask at registration for someone to show you how to use it.

*Note – it is the competitor's responsibility to ensure the SPORTident control unit flashes and/or beeps, when they 'punch' each control and finish. Failing to do this may result in a misspunch, and a void result.*

### **Clear and Check SPORTident card before Starting**

The SPORTident Card must be electronically cleared and checked before you start your course.

1. As you enter the start area, place your SPORTident Card into the **"CLEAR"** control unit. It will be clearly marked. Hold it there for 10-20 seconds and you should be given a red light and a beep, confirming that your card is working and has been cleared.

2. Next, place your SPORTident Card into the “**CHECK**” control unit. This will immediately beep and flash to confirm that it has been properly cleared.

### **Control Punching**

At each control, place the end of the SPORTident Card into the hole in the top of the flat box mounted on the control stand. Hold it there briefly until a red light or a beep indicates that the control unit has transferred its number and time on to your SPORTident Card.

If in doubt, do it again – it does not matter if you record the same control twice.

If a control unit should fail during the event and you do not get a red light and a beep after a couple of tries, use the clipper on the control stand to punch one of the boxes printed on the edge of your map.

Make sure you draw this to the attention of the staff at the finish.

If you put your SPORTident Card into a control unit that is not on your course, don't worry. Just find the correct control and go through the process again punching the correct controls in order. The wrong one will be discarded.

### **Finish Controls**

When you reach the finish line, remember to punch your SPORTident Card into one of the control units situated directly on the finish line. Again, wait for the beep and the red light, confirming your finish. Then proceed down the chute to the download station, which will read the information off your SPORTident Card and print out a sheet showing your course time and the split times between all controls. Your SPORTident Card has a number that is unique to you as a competitor.

The cards must not be loaned to anyone else during the event.

If you lose a hired SPORTident Card there will be a charge of \$65 to cover the cost of a replacement.

### [Conditions for Access to Woodhill Forest](#)

There will be a security person at each forest gate who will record your vehicle registration number.

The conditions of entry to the forest are that:

- You have 3rd party insurance
- You drive with your lights on low beam in the forest at all times and not deviate from signed route
- You do not smoke in the forest
- You indemnify Woodhill Forest management and the host orienteering club, Auckland of any loss, damage or injury arising out of the use of your vehicle in the forest
- Parking is as directed. Please ensure that you park your vehicle so emergency vehicles and other vehicles can still use the road.

**KEEP ALL ROADS CLEAR OF STOPPED VEHICLES AT ALL TIMES.**

## Vehicle Access Fee

Woodhill Forest Management charge the club a fee to cover maintenance of the forest roads. Recent practice has been to recover these costs by charging competitors a vehicle access fee of \$5 per vehicle. For Saturday and Sunday's event we will **not** be charging the \$5 fee. Instead this cost has been incorporated into the fees paid for entering the event.

## Safety & First Aid

### First Aid

Basic First Aid will be provided by club members. Members will be based at the Registration Area. These members have completed a recognised first aid course or are registered medical practitioners.

It is recommended that competitors undertake some self-responsibility for simple first aid/medical issues i.e. bring your own basic first aid kit with plasters and simple pain relief medicines that you normally use for headaches and minor pain such as paracetamol. If you are carrying an injury and want to ice it after your event and you can bring your own ice pack please do.

### On Course Assistance

Competitors are expected to render assistance on their course to anyone who is injured, has blown their whistle (see below), and requires physical assistance. Please render assistance as needed, and make Registration aware of the issue. Depending on the nature of an injury/illness, we can organise additional assistance, or in the event of a serious injury, organising specialist medical help or ambulance.

### Accident & Medical Services are available from:

#### Waitakere Hospital

55 Lincoln Road, Henderson (Use Exit 16 from North West motorway)

Open 24 hours a day, 7 days a week.

Telephone: (09) 839 0000

<http://www.waitematadhb.govt.nz/PatientsVisitors/WTKgettingthere.aspx>

#### Westgate Medical Centre

Westgate Shopping Centre, Fernhill Drive, Massey.

Telephone: (09) 833 3134

Sat-Sun & Public Holidays – open 9am to 6pm

<http://www.wgmc.co.nz/wp/contact-us/view-map/>

#### Auckland Hospital Emergency Department

Park Road, Grafton

Telephone: (09) 367 0000

Open 24 hours a day, 7 days a week.

<http://www.healthpoint.co.nz/public/emergency/auckland-dhb-emergency-department/>

**If there is a life-threatening medical issue, call 111 as soon as possible, give the grid reference of the Event Centre (listed below) and send someone else to notify Registration and the Controller.**

#### **Grid References**

**Day 1: Morning** GPS Coordinates 36.760062 South and 174.405410 East

**Day 1: Evening** GPS Coordinates 36.865121 South and 174.720239 East

**Day 2** GPS Coordinates 36.750019 South and 174.387683 East

#### Hazards

##### **General**

Hazards specific to a particular event and safety bearings for each event will be identified on a hazards board at registration and/or advised at the start. A complete hazard management plan has been prepared and will be kept at the events by the Event Coordinator.

##### **Participation in ALL events is at your own risk.**

Personal Safety Check for Competitors:

- Obey all instructions and warnings.
- Wear appropriate clothes for conditions.
- Notify organisers of any potentially serious health problems.
- Keep clear of any plant or equipment, unauthorised areas or farm buildings.
- Avoid disturbing livestock and keep away from all work activities.
- Do not allow children to wander unsupervised.

If you hear repeated sounding of car horns this means Fire or another major problem. Abandon course immediately and return to nearest road and thence to Event Centre, unless directed to another Assembly Point or Exit route. Notify event official you are safe.

##### **Electric Fences**

There are unmapped electric fences to cross at the sides of most roads in Woodhill forest which are turned off, but can be a single strand wire and hard to see. Running into them at speed is not recommended. Be careful.

##### **Horses**

The roads in Woodhill Forest are often crossed by equestrian riders. The horses spook very easily. They are accustomed to a vacant forest and even a parked car where the horses don't expect it can frighten them. Please slow your vehicle down to a crawl if there are horses on the side of the road.

Equestrian organisers ask that if you see a horse and rider you should call out clearly something like "Giddy"! Hello there! How's it going!" to make the horse and rider aware of your presence before you startle them.

##### **Motorbikes**

In Woodhill forest, some illegal motorcyclists have been known to use roads and tracks at any time anywhere in the forest, so you may encounter motorcyclists during the event.



### **Other Woodhill Forest Users**

While the event area of Woodhill forest has been assigned for our use only, there is a possibility that emergency vehicles or forestry staff may need to come through at any time due to incidents we know nothing about. Please check when crossing metal roads.

In addition, there is a possibility that other forest managers or stakeholders may visit the area using a vehicle, motorbike, mountain bike or horse.

Walkers with/without dogs may also be present.

### **Force Majeure Cancellation**

In the unlikely event that we need to cancel an event due to force majeure we will post the details on our website home page and Facebook site as soon as possible after the cancellation decision is made. If in doubt please check these sources first.

### **Whistles**

It is recommended that you carry a whistle for your own safety. The recognised distress signal is a series of six short blasts on a whistle. Use your whistle if you need **urgent** help because of an injury or distress. Pause and listen for reply and repeat to allow others to locate you.

*Remember that one blast on your whistle will end the event for everyone who hears it, because they will all stop orienteering and come looking for you.*

### **Event Centre Information**

Each race will have an Event Centre. There will be tents in case of inclement weather plus space for Clubs and school groups wishing to erect their own tents.

### **Food**

There will be no food or coffee services available at the events.

### **Registration**

Pre-entered competitors whose entry is shown as "CONFIRMED" on the event website have no need to register at the event. Where an on-line entry is showing as "SUBMITTED" entrants need to visit the registration tent and complete their entry. For those who will be paying entry fees, please note there are no EFTPOS or credit card facilities – it will be CASH only.

### **Results**

Results will be displayed at the Event Centres

Final results will be posted on the event website and Winsplits.

### **Supporters**

#### **Equipment & Services**

North West Orienteering Club – Club gear including tents, controls.  
Lactic Turkey – Race Clock & PA system.

## Event 1      Saturday 7<sup>th</sup> May – Auckland Champs Middle Event

**Map:**            Beautiful Hills

**Mapper:**        xxx original mapped by xxx with 2016 update by Selwyn Palmer.

**Location:**     Restall Road, Woodhill, 6 km past Waimauku heading north on SH16.

**Setter:**         Scott Vennell

**Controller:**    Dwayne Smith and Greta Knarsten

### **Landowner**

Woodhill Forest is owned by Nga Maunga Whakahii O Kaipara Development Trust. We are grateful to them for access to the Forest for this event and many others during the year.

### **Directions to Event**

#### **From Auckland Central**

Take the North Western Motorway, State Highway 16 and follow the signs towards Helensville, through Kumeu, Huapai and Waimauku. Travel 6km past Waimauku and then turn LEFT into Restall Road. Follow the orienteering signs approx. 3.0km into the forest to the parking area. The event will be signposted from Waimauku.

The total distance from central Auckland is approx. 45km. Allow 60 mins for the trip.

#### **From Albany**

Follow Albany Hwy south, turn RIGHT into State Highway 18 towards Greenhithe and Hobsonville. Take Exit 9 from State Highway 18. Follow Brigham Creek Rd to roundabout with SH 16 in Whenuapai. Follow SH16 north through Kumeu, Huapai and Waimauku following the instructions above.

The total distance from Albany is approx. 35km. Allow 45 mins for the trip.

***Once you leave SH16 and are on the forest access road, please turn your lights on, drive carefully and keep your speed down.***

**GPS Coordinates** 36.760062 South and 174.405410 East

### **Parking**

- Park on the northern side of Mushroom Road – on either side of the Event Centre

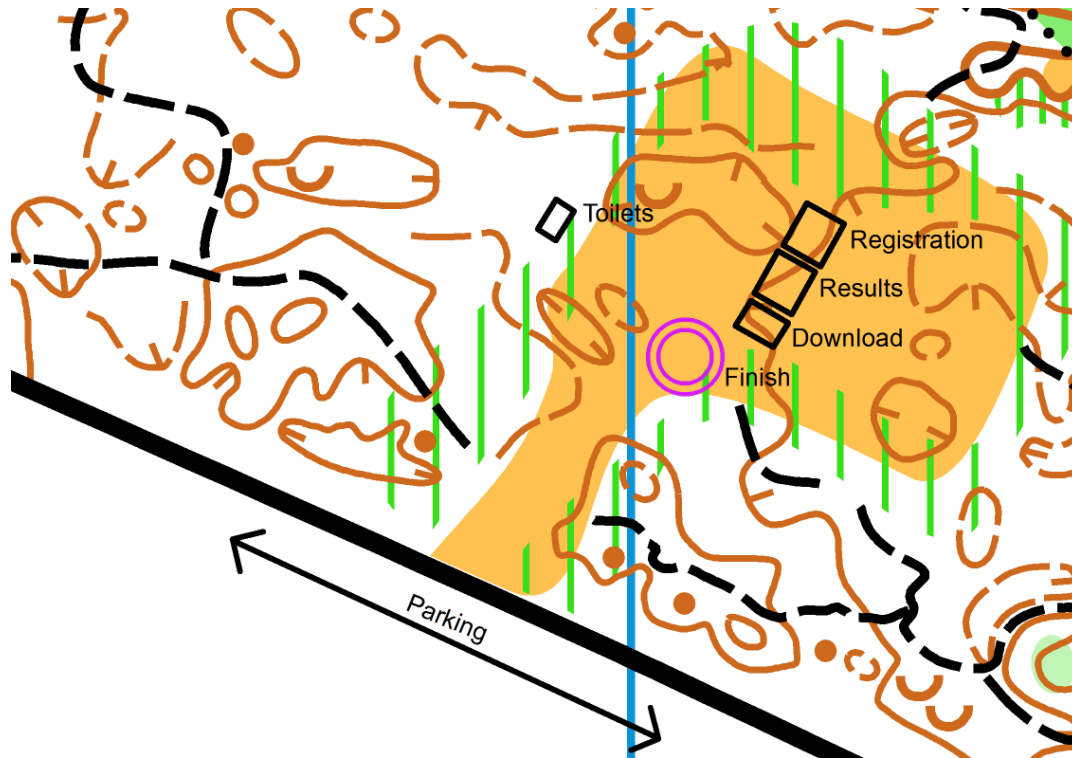
### **Out of Bounds**

- All forest adjacent to the access road is out of bounds with the exception of a small strip next to the road on the way to the start which will be clearly signposted.

## Hazards

- Normal forest hazards exist such as uneven ground, low branches, vegetation on the ground.

## Event Centre map



## Timing for Middle

10:30 am	Registration
12.00 (midday)	First starts
4.00 pm	Course Closure

## Start

- The start is approximately 1.3km from the Event Centre with a 50m vertical, uphill climb. Allow at least 20 minutes for the walk to the start.
- The Warm Up Area will be the marked route on the way to the start.
- Water will be available at the start.

## Map Legends

Legends have not been printed on maps. A list of IOF Orienteering Map Symbols is printed at the back of the programme and will be on display at the Event Centre.

## Spectators

The Event Centre is in a large clearing and spectators and competitors that are not running are asked to stay in the clearing. Runners on most courses will be visible passing close to the north corner of the clearing about 2/3<sup>rd</sup>s of the way through their course.

### Mobile Coverage

There is no mobile coverage at the Event Centre although mobile phone reception may be obtained at the forest gate, approximately 1.5 km from the Event Centre.

### Terrain / Mappers and Setters notes:

**Terrain:** Ranges from flat to very steep. Generally gully/spur on high sand-dune terrain with some areas of intricate contour detail. The courses will be predominately downhill.

### Mappers Notes

Some tracks are not shown on the map particularly in the first area of low visibility visited by courses 1 to 5.

### Vegetation:

Pine forest, generally open with good runnability, some undergrowth vegetation reduces visibility and runnability.

### Water on courses

One water control is available for most courses.

### Safety Bearing

South to the Event Centre.

### Map Scale

Courses 1-10: 1:7,500

Course	Men	Women	Grade	Length	Climb	Controls
1	M21E		Red	3.6km	150m	20
2	M20A M21A	W21E	Red	3.1km	130m	19
3	M18A M40A Men-C3-Open		Red	2.7km	120m	16
4	M16A M50A M21AS	W18A W20A W21A W40A	Red	2.4km	110m	14
5	M60A M40AS Men-C5-Open	W16A W50A W21AS	Red	2.2km	90m	13
6	M70A M80A Men-C6-Open	W60A W70A W80A W40AS Women-C6-Open	Red	1.9km	50m	13
7	M14A M18B M21B M-Open-Orange-L	W-Open-Orange-L	Orange	2.2km	90m	13
8	M40B M-Open-Orange-S	W14A W18B, W21B, W40B W-Open-Orange-S	Orange	1.4km	60m	10
9	M12A M14B M-Open-Yellow	W12A W14B W-Open-Yellow	Yellow	1.8km	80m	10
10	M10 M12B M-Open-White	W10 W12B W-Open-White	White	1.7km	70m	12

## Event 2      Saturday 7<sup>th</sup> May – Auckland Champs Night Sprint Event

**Map:**            Western Springs

**Mapper:**        Originally mapped 1989. Latest mapping and Cartography Selwyn Palmer 2015.

**Location:**     Zoo carpark, Motions Road, Western Springs, Auckland.

**Setter:**        Tommy Hayes

**Controller:**   Joanna & Alistair Stewart

### **Night Event**

This sprint is a night event. There is only limited footpath lighting in the park and there will be no moon on the night of the event, so it will be dark. A good torch, preferably head torch is **essential** on all courses for reading the map and navigating the course.

### **Landowner**

The Sprint map uses areas under the jurisdiction of Auckland Council and Regional Facilities Auckland. We are grateful to them for allowing us access to these areas for the Sprint event.

### **Directions to Event**

#### **From Auckland Central**

Take the North Western Motorway, State Highway 16, and travel 4.6 km to the St Lukes exit (Exit 6). After taking the off-ramp turn RIGHT over the motorway then immediately left along Great North Road. After 800m turn RIGHT into Motions Road and then turn right to park in the Zoo carpark.

The total distance from Auckland Central is approx. 6km. Allow 15 mins for the trip.

**GPS Coordinates** 36.865121 South, 174.720239 East

### **Parking**

- Parking for approximately 100 cars is available in the Zoo carpark. Overflow parking is available on Motions Road, or 250m further down Motions Road in the carpark for Western Springs College.

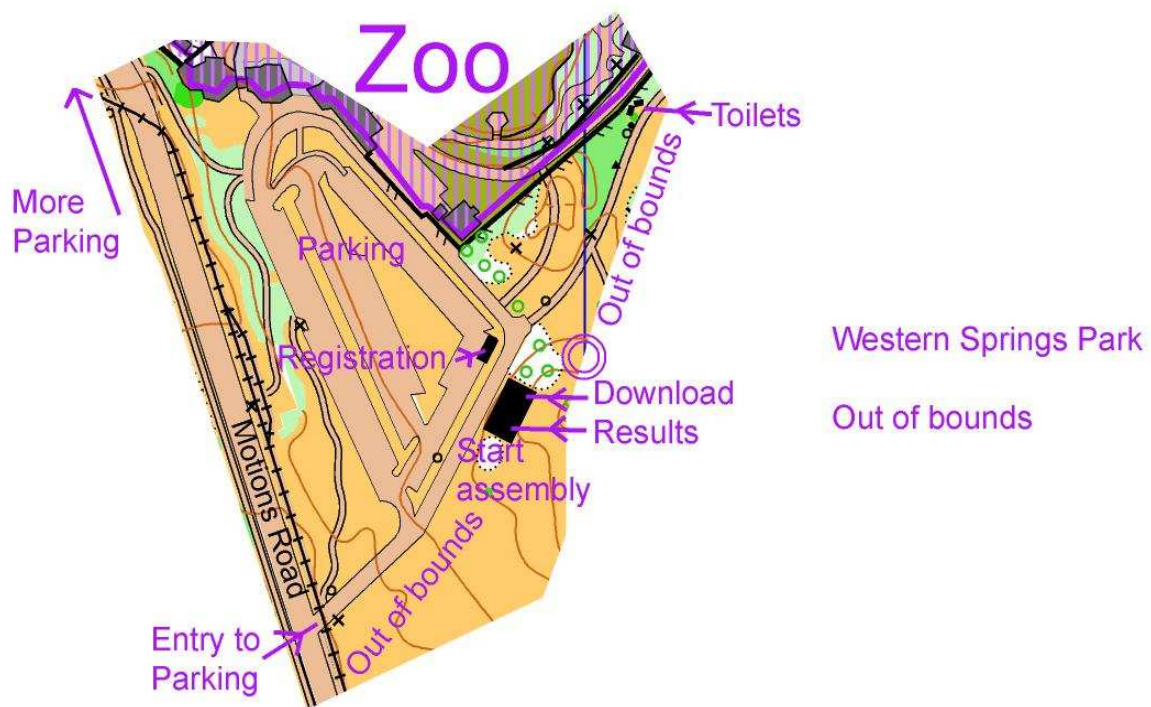
### **Out of Bounds**

- All of Western Springs Park is out of bounds except on the path to the toilet.

## Hazards

- Normal hazards that will be encountered include kerbs, steps, rocky ground, cliffs, narrow bridges, ponds, bollards, playground apparatus, all of which will be especially hazardous in the low light.
- Potential wildlife, rabbits (in thousands!), swans.
- Beware runners coming in the other direction, around blind corners or being blinded by oncoming head torches. The event is taking place on a very small area of the map with all courses within the same area. There will therefore be a high density of runners.

## Event Centre map



## Timing for Night Sprint

6.00 pm	Registration
7.00 pm	First starts
9.00 pm	Course Closure

## Start

- The start is adjacent to the Event Centre
- The Warm Up Area will be along Motions Rd, north of the Zoo car park.

## Map Legends

Legends have not been printed on maps. A list of IOF Orienteering Map Symbols is printed at the back of the programme and will be on display at the Event Centre.

## Spectator Leg

There is a spectator leg for courses 1 and 2. This will not be taped, and competitors will be able to choose their own routes.

## Map Flip

Courses 1 and 2 will have a map flip.

## Course 5 – Special Instructions

Although all the courses are using the same small area of the map and there are always likely to be other orienteers close by, as this is a night event we are suggesting that a family member who has completed their course, or is not competing, tail any competitor on course 5 who will not be confident to be out alone in the genuine dark.

With this in mind we are not allocating start times for course 5 competitors. Those happy to go out alone can go to the start any time after 7pm and they will be started, using a start box, in the order of arrival. Those who need to be tailed should go to the start as soon as possible after the person who will tail them has completed their course. The last start will be around 8pm so please make sure competitors have started before then.

As this is a championship event please tail at a distance, leaving the competitors to make their own decisions as to where to go.

## Mobile Coverage

There is mobile phone coverage at the Event Centre.

## Terrain / Mappers and Setters notes

### Terrain:

Mainly flat fast running on manicured ground and tracks, mainly paved but some metalled. There are areas of bush of varying passability. The area is based on volcanic rock so there are several unpassable cliffs plus places of rocky ground, especially within bush areas.

### Water on courses

There is no water on courses.

## Map Scale

Courses 1-5: 1:3,000

Course	Men	Women	Length	Controls
1	M18, M20, M21	W21	3.0km	17
2	M16, M40, M50	W18, W20	2.3km	15
3	M14, M60	W16, W40, W50	1.5km	11
4	M70, M80	W14, W60, W70, W80	1.1km	8
5	M10, M12	W10, W12	0.8km	8

## Event 3      Sunday 8th May – Auckland Champs Long Event

**Map:**            Puketapu Road

**Mapper:**        Originally mapped 1989. Latest mapping and Cartography Selwyn Palmer 2016.

**Location:**     Restall Road, Woodhill, 6 km past Waimauku heading north on SH16.

**Setter:**        Alina Smirnova

**Controller:**   James Crosby

### **Landowner**

Woodhill Forest is owned by Nga Maunga Whakahii O Kaipara Development Trust. We are grateful to them for access to the Forest for this event and many others during the year.

### **Directions to Event**

#### **From Auckland Central**

Take the North Western Motorway, State Highway 16 and follow the signs towards Helensville, through Kumeu, Huapai and Waimauku. Travel 6km past Waimauku and then turn LEFT into Restall Road. Follow the orienteering signs approx. 3.0km into the forest and the parking area. The event will be signposted from Waimauku.

The total distance from central Auckland is approx. 45km. Allow 60 mins for the trip.

#### **From Albany**

Follow Albany Hwy south, turn RIGHT into State Highway 18 towards Greenhithe and Hobsonville. Take Exit 9 from State Highway 18. Follow Brigham Creek Rd to roundabout with SH 16 in Whenuapai. Follow SH16 north through Kumeu, Huapai and Waimauku following the instructions above.

The total distance from Albany is approx. 35km. Allow 45 mins for the trip.

***Once you leave SH16 and are on the forest access road, please turn your lights on, drive carefully and keep your speed down.***

**GPS Coordinates** 36.750019 South and 174.387683 East

### **Parking**

- Parking will be on Puketapu Road to the SW of Whites Line and on Coast Road to the SE of Puketapu and Coast Road intersection. Event centre is 200m-800m from carpark.

### **Out of Bounds**

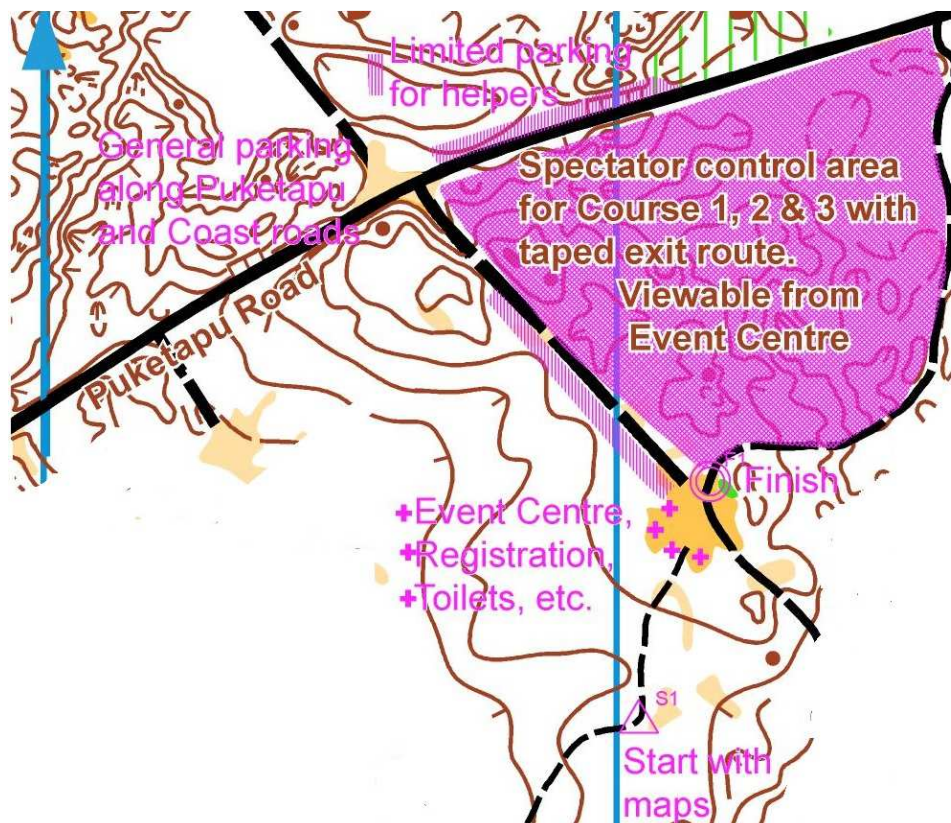
- All forest adjacent to the access road is out of bounds with the exception of a small area on the way to the Event Centre and the start which will be clearly signposted.



## Hazards

- Normal forest hazards exist such as uneven ground, low branches, vegetation on the ground.
- There are unmapped electric fences to cross at the sides of most roads in Woodhill forest which are turned off, but can be a single strand wire and hard to see.

## Event Centre map



## Timing for Long

9.00 am	Registration
10.00 am	First starts
2.30 pm	Prizegiving
3.30 pm	Course Closure

## Start

- The start is approximately 100m from the Event Centre.
- The Warm Up Area will be from carpark to the Event Centre and from Event Centre to the start.

## Map Legends

Legends have not been printed on maps. A list of IOF Orienteering Map Symbols is printed at the back of the programme and will be on display at the Event Centre.

## Mobile Coverage

There is no mobile coverage at the Event Centre although mobile phone reception may be obtained at the forest gate, approximately 2.5km from the Event Centre.

## Spectator Leg

There is a spectator control on Courses 1, 2 and 3. This is accompanied by a mandatory marked exit route through the Event Centre before attempting the next control. Some courses will cross the main access/parking road. Please drive carefully when approaching the event.

## Terrain / Mappers and Setters notes

**Terrain:** Ranges from gentle to mildly steep terrain. Generally gully/spur on sand-dune terrain with some areas of intricate contour detail, which is used more extensively on red courses.

## Vegetation:

Pine forest, generally open with good runnability. Some courses have controls in the 'coastal strip', a mixed area of macrocarpa forest, dune grasses, sand drifts and rough open ground with rotting trimmings. Visibility is generally good but the vegetation can be slower to run through.

## Water on courses

There is water on all courses at main crossing points. Courses 1, 2 and 3 have water at the spectator control.

## Safety Bearing

Southwest to Coast Road, or if in the coastal strip northeast to Coast Road.

## Map Scale

Courses 1-4: 1:10,000

Courses 5-10: 1:7,500

Course	Men	Women	Grade	Length	Climb	Controls
1	M21E		Red	11.8km	350m	28
2	M20A M21A	W21E	Red	8.7km	245m	19
3	M18A M40A Men-C3-Open		Red	7.7km	235m	19
4	M16A M50A M21AS	W18A W20A W21A W40A	Red	5.9km	185m	16
5	M60A M40AS Men-C5-Open	W16A W50A W21AS	Red	4.6km	140m	14
6	M70A M80A Men-C6-Open	W60A W70A W80A W40AS Women-C6-Open	Red	3.4km	105m	14
7	M14A M18B M21B M-Open-Orange-L	W-Open-Orange-L	Orange	5.2km	160m	16
8	M40B M-Open-Orange-S	W14A W18B, W21B, W40B W-Open-Orange-S	Orange	4.4km	125m	15
9	M12A M14B M-Open-Yellow	W12A W14B W-Open-Yellow	Yellow	3.3km	75m	13
10	M10 M12B M-Open-White	W10 W12B W-Open-White	White	2.9km	65m	16

# IOF Orienteering Map Symbols

## Land forms

	Contour
	Index contour
	Form line
	Slope line
	Contour value
	Earth bank
	Earth wall
	Small earth wall
	Erosion gully
	Small erosion gully
	Knoll
	Small knoll
	Elongated knoll
	Depression
	Small depression
	Pit
	Broken ground
	Special land form feature

## Water and marsh

	Lake
	Pond
	Waterhole
	Uncrossable river
	Crossable watercourse
	Crossable small watercourse
	Minor water channel
	Narrow marsh
	Uncrossable marsh
	Marsh
	Indistinct marsh
	Well
	Spring
	Special water feature

## Rock and boulders

	Impassable cliff
	Rock pillars/cliffs
	Passable rock face
	Rocky pit
	Cave
	Boulder
	Large boulder
	Boulder field
	Boulder cluster
	Stony ground
	Open sandy ground
	Bare rock

## Man-made features

	Motorway
	Major road
	Minor road
	Road
	Vehicle track
	Footpath
	Small path
	Less distinct small path
	Narrow ride
	Visible path junction
	Indistinct junction
	Footbridge
	Crossing point with bridge
	Crossing point without bridge
	Railway
	Power line
	Major power line
	Tunnel
	Stone wall
	Ruined stone wall
	High stone wall
	Fence
	Ruined fence
	High fence
	Crossing point
	Building
	Settlement
	Permanently out of bounds
	Paved area
	Ruin
	Firing range
	Grave
	Crossable pipeline
	Uncrossable pipeline
	High tower
	Small tower
	Cairn
	Fodder rack
	Special man-made feature

## Technical symbols

	Magnetic north line
	Registration marks
	Spot height

## Vegetation

	Open land
	Open land with scattered trees
	Rough open land
	Rough open land with scattered trees
	Forest: easy running
	Forest: slow running
	Undergrowth: slow running
	Forest: difficult to run
	Undergrowth: difficult to run
	Vegetation: very difficult to run, impassable
	Forest runnable in one direction
	Orchard
	Vineyard
	Distinct cultivation boundary
	Cultivated land
	Distinct vegetation boundary
	Indistinct vegetation boundary
	Special vegetation feature

## Overprinting symbols

	Start
	Control point
	Control number
	Line
	Marked route
	Finish
	Uncrossable boundary
	Crossing point
	Out-of-bounds area
	Dangerous area
	Forbidden route
	First aid point
	Refreshment point

© Simon Errington 2007.  
 Copies of these map symbols and of the IOF pictorial control descriptions can be downloaded from [www.maprunner.co.uk](http://www.maprunner.co.uk)  
 The full ISOM 2000 specification is available from [www.orienteing.org](http://www.orienteing.org)