

# Auckland Orienteering Club

## Auckland Orienteering Club - March 2023 - Newsletter



- Presidents overview
- Upcoming events including NWOOC Forest, Autumn Night Series and multiple schools events
- March Events Review – Katoa Po, SummerNav and Glendowie Sprint
- Events Working Group - Night Series locations and setters needed
- Coaching Working Group - Club Night re-start
- A big thank you to a core group of individuals who keep the club running



March brought us a number of events to kick-start the season as we got in to **Sprint and Forest training** ahead of the season. As part of the re-designed **Auckland Region calendar** we focus the first 3 months of the year on “Build-up” events. Unfortunately, that event was cancelled after the ravages of Cyclone Gabrielle, but a replacement event in the Month of May. In this Newsletter we review those events and the end of the SummerNav season, we look ahead to upcoming events. We have a big focus on a fantastic Katoa Po event where **Auckland teams took out both the 5 and the 7 person** events. We also focus on and review the re-starting of the **Auckland Club Night in the Domain** on Tuesday evening. Looking forward to seeing you all at our upcoming events.



The start of April (happening now) is the Easter 4-day event hosted by Wellington/Red Kiwi and Orienteering Huia. April also sees the start of the major Schools events with the North Islands Championships in Whanganui and Bay of Plenty. We have a North-West event on the **16th April at Lake Kereta** on the same map as the 2021 Nationals Middle - Distance. We also announce a return to our Traditional Night Series events in May. These are 4 “Rogaine” like events, hosted by the club. Maps are distributed 5 minutes before the start and you have 60 minutes to get to as many locations and back as you can. These are excellent events to hone your skills and **perfect opportunities for juniors to run in pairs**. Watch out for the

# Upcoming Calendar

**Fri 7th – Mon 10th Apr** – Easter 4-days

**Sun 16th Apr** – Forest Event – Lake Kereta – Hosted by NWOC – [Enter here](#)

**Fri 21st – Sun 23rd Apr** – North Islands Secondary Schools Champs – Whanganui/Bulls

**Tue 9th May** – Autumn Night Series 1 – Green Lane (3/30 Puriri Ave)

**Sun 14th May** – Forest Event – Percy's Delight (Muriwai Regional Park)



## Katoa Po

March saw the Annual return of Katoa Po, New Zealand's Premier Night Orienteering competition. 39 Auckland (McSharry/Farmer and White's) attend the event and they were well rewarded with family members in the winning team. Was fantastic to take out the 7-person race from Taranaki at an amazing venue with highly complex and dense forest.

### 7-person winning team

- Clara McSharry
- Georgia Lindroos
- Matthew Greenwood
- Molly McGowan
- Sam Carryer
- Kieran Woods
- Jonty Oram

### 5-person winning team

- Ben White
- Zara Toes
- Solomon Randerson
- Guy Cory-Wright
- Seth Dean

Our very own Steve Oram wrote the following article for ONZ's Compass Point

[Katoa Po event review | Orienteering New Zealand](#)

## Glendowie Build-up Sprint

March also saw us host a "Build-up Sprint". Designed in to the calendar as an opportunity to hone Sprint technique across the 3 courses.

The Map exchange was a new feature for many orienteers and there were a number of stories of mistakes on a number of courses. Huge thanks to all those who helped in some way at the sprint. These events have lots of people going out in a variety of ways.

## SummerNav Season Completion

- Cornwall Park
- Lloyd Elsmore
- Ambury Regional Farm (Night event)
- Auckland Domain
- Panmure Basin
- Western Springs

A huge thanks to the setters and controllers of all of these events.

## Intermediate Zones

In March our club also helped to host all of the Intermediate Zone days across the Central, Harbour, North West and Southern Regional Zones. This is a huge undertaking and such a vital aspect of introducing Orienteering at an age where it creates interest in the sport.

A large number of Auckland club members also volunteered to help across these days. We have received many, many thanks for their help.



## Events Working Group

As per the above announcement, in May we have the **return of our Autumn Night Series**. We are looking for volunteers for the following dates: 23<sup>rd</sup> May, 30<sup>th</sup> May – **Host venues** – Just need a house to start at which has a small sheltered area (garage, carport, etc). 16<sup>th</sup> May, 23<sup>rd</sup> May, 30<sup>th</sup> May – **Course Setters** – This is a perfect opportunity to set a course and we recommend you have a good knowledge of the area. Last month saw the first meeting of the Events Working Group with Joanna Stewart, Susy Carryer, Sonja Herman and I. Much of what this group does will be behind the scenes organisation to ensure the events run successfully, not just in terms of the events themselves but also in terms of the club's reputation. **Send an email to [auckoc@gmail.com](mailto:auckoc@gmail.com) if you can please help in any of the above.**

## Coaching Working Group

Club Night Re-start – March saw the return of the **Auckland Club Night. Every Tuesday night at 6pm** we meet to discuss the club's activities. The first 3 weeks saw some specific learnings around the following skills:

Week 1 – Map Orientation – Folding and Thumbing the Map

Week 2 – Having a plan – CARE – Control, Attack Point, Route, Exit

Week 3 – Route Choice – Picking the right Route choice for your Orienteering style

## Planning each Leg.

Have a system that you apply to every leg of your course. If you have a system or check list, you are more likely to be confident that you are on track, and less likely to make silly mistakes.

Take C.A.R.E ! **C**ontrol → **A**ttack Point → **R**oute → **E**xit



AOC Club Night - CARE			
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↑ 33 ←	↑		○

As we move in to the Winter months we will still be meeting, **bring a head-torch**, as we continue coaching and t... We've had **56 attendees** across the 3 weeks and fully expect this to grow. Many thanks to **Mark Frater** for his base materials and templates and to **Gavin Milne** and **Martin Crosby** who



Every month we highlight club members who have gone over and beyond to help the club. As we wrap up the SummerNav Series for another year there are a small team that make the whole SummerNav **The Stewarts - Joanna and Alistair** enable the whole SummerNav Series to occur. To achieve this they:

- create the entries through Revolutionise, they manage all of the email communications and they run even
- ensure that each event has setters and controllers and they have the right instructions to get started.
- make the maps available for the Setters and Controllers.
- attend every event, greet the orienteers and hand out the maps
- do the course set up and course shut down
- often fill in the results at the end of the evening.
- ensure that the Brochures are printed each year for club members and update all of the events on our w

**Nadia Clark** - Nadia manages all of the Permissions and accesses for each of the locations. This involves council updated when and where the events are.

**Martin Crosby and John Parsons** - Martin and John are always there setting up the event, towing the camperm Amazing effort for 18 events each year.

Thanks

Neill (Currently isolating with huge jealousy of those competing at Easter 4-day)