



Web Address: <http://www.madeventz.co.nz/tonic/>

Start times and results can be accessed on this web site when available or via the clubs' web sites listed below.

# Programme

## Version 4b – 21 October 2008

(3) Course closure times added and gate times amended.

(4) Day 4 A-level status reinstated, Day 4 information updated, Page 6 Prizes and finish splits details  
4b – added course climb heights for Day 4

### Hosts:

**Auckland Orienteering Club**

<http://www.orienteingauckland.org.nz>

**North West Orienteering Club**

<http://www.nworienteing.org.nz>

### Event Officials:

<b>Double Middle Distance, with reverse order chasing start:</b>	Friday 24 <sup>th</sup> October 2008
<b>Planner</b> – Joanna Stewart; <b>Controller</b> – Alistair Stewart	
<b>Long Distance:</b>	Saturday 25 <sup>th</sup> October 2008
<b>Planner</b> – Paul Ireland; <b>Controller</b> – Mark Lawson	
<b>Long Distance:</b>	Sunday 26 <sup>th</sup> October 2008
<b>Planners</b> – Gene Beveridge & Matthew Ogden; <b>Controller</b> – Mike Beveridge	
<b>Long Distance, with mass start for elites:</b>	Monday 27 <sup>th</sup> October 2008
<b>Planner</b> - David Crofts; <b>Controller</b> – Jeff Greenwood	

## **Contacts:**

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## **Welcome:**

On behalf of Auckland & North West Orienteering Clubs, we would like to welcome all Orienteers to TONIC – a four day orienteering carnival in the sand dunes of Woodhill. In particular, we extend a special welcome to all those from outside the Auckland region, and look forward to seeing all of you enjoying the terrain and competition on offer over the four days. More importantly, we hope you enjoy the friendship and camaraderie that this great sport fosters, and with that memories of a good time had over the four days.

Good luck and see you out there in the forest!

Peter Swanson, President AOC  
Andrew Bell, President NWOC

## **How Tonic came about:**

About 18 months ago Auckland Orienteering Club decided to revive the concept of the North Island Championships to help fill a gap in the orienteering calendar towards the end of the year. The “TONIC” mnemonic was appealing and approval was obtained from NZOF to call this “The Official North Island Championships”

Our original date was to have been early November. But with the allocation of 2009 NZ Championships to Auckland Club a rationalisation evolved to include North West Club in both events and amalgamate TONIC and the NWOC 2008 Labour Weekend 3-day into one extended event. We are happy to be able to cooperate to create two great sets of events, which we know orienteers will enjoy.

We are passionate about the sand dune terrain offered in Woodhill Forest and with recent advancements in mapping technologies the maps are steadily developing much improved accuracy which should translate into some great technical orienteering.

## **General information:**

### **Rules:**

This competition will be run in accordance with the NZOF Competition Rules for New Zealand Foot Orienteering Events. These rules may be viewed on the NZOF website.

<http://nzorienteering.com/> under “Technical”

### **Land owner:**

This forest is currently administered by Hancocks Forest Management.

We thank them for their cooperation and permission to use the area and ask that orienteers respect the private property we compete in.

**Event status:**

All four days of TONIC have been granted A-level status by the NZOF.

**Crèche:**

An unsupervised area with tent will be provided for parents of young children to arrange their own co-operative child minding. This is close to registration.

Parents of young children may request to park close to the event centre. If you need this on Day One tell the person at the gate – there may be special driving instructions.

**Complaints and Protests:**

If you wish to make a complaint regarding an infringement of the rules or the organisers' directions, please do so in writing at registration. This must be done within 60 minutes of completing your course. The event controller will consider the matter that you have raised and let you have his 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.

Protests will be considered by a jury of A-grade controllers, selected from a panel convened as appropriate with respect to the protester's family and club.

**Dogs:**

Dogs and other animals are prohibited from all map areas, as is animalistic behaviour by competitors.

**String course:**

There will be a string course on all days for the littlies. Just collect a clip card from registration. Times will not be recorded for this course.

**Control Descriptions:**

Control descriptions will not be issued at registration. You will pick them up at the starting grid, so will need a description holder to put the control descriptions in. Control descriptions will also be printed on the maps themselves.

There may be brief instructions at the start in addition to all the information you are expected to have read in this programme.

**Start:**

Start procedures may vary a little from day to day. Please report to the start area at least 6 minutes before your start time.

Start will be forthwith at the starter's instruction except for the 2<sup>nd</sup> start on day 1 when a start box will be used.

If you are late for your start, tell the start official. You will be fitted into the start at the first convenient time, **but your race time will run from your original start time.**

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

## **Safety:**

### **Day 4:**

Please see day 4 details for special instructions for red course runners.

### **General:**

Normal hazards with respect to running in a complex sand dune forest apply.

Competitors are expected to render assistance on their course to anyone who is injured, has blown their whistle, and requires physical assistance.

### **Electric Fences:**

Cattle have recently been moved to greener pastures, having done an excellent job of clearing, but not cleaning the forest floor for days 1 and 4. There are unmapped electric fences to cross at the sides of most roads on days 1, 2 and 4 which are turned off, but running into them at speed is not recommended. Be careful.

### **Horses:**

Days 2 and 4 use vehicle access via Restall Road and Inland Road. These roads 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 gets them very frightened. Please slow down to a crawl if there are horses on the side of the road.

Day 2 shares a forest area used by many equestrian club members. Equestrian organisers ask that if you see a horse and rider you should call out loudly something like "Giddyup! Hello there! How's it going!" to draw the horse's attention to you before you frighten them.

This advice especially applies to yellow and white courses that tend to use horse tracks.

### **Motorbikes:**

Days 1 & 4 use areas shared by motorbike clubs. There are no organised motorbike events during our orienteering events.

Some illegal motorcyclists have been known to use roads and tracks at any time anywhere in the forest, so you may encounter motorcyclists on all four days of the event.

### **First Aid:**

If someone is injured, please render assistance as needed, and make registration aware of the issue. Depending on the nature of the problem, we can organise the appropriate response, either using first aid trained people attending the event, or in the event of a serious injury, organising specialist medical help or ambulance.

**Whistles:** are a good idea. Please carry one for your own safety.

## **Event Photography:**

Digital images of event photos will be available for purchase at the event centre. This is a fund raising opportunity for the Junior Development Squad who will receive net profits.

Images can be downloaded onto a USB Memory stick or CD. Blank CDs may be purchased at the event centre.

Due to the nature of photography, flash lighting may be used depending on the conditions

## **Electronic punching system:**

We will be using the SportIdent electronic punching system for all events.

The e-cards must be electronically cleared and checked before you start your course. As you enter the start area, place your e-card into the “clear” control unit. It will be clearly marked. Hold it there for a couple of seconds and you should be given a red light and a beep, confirming that your card is working and has been cleared. Next, place your e-card into the “check” control unit, to confirm that it has been properly cleared.

At each control, place the end of the e-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 indicate that the control unit has transferred its number and time on to your e-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 not give you 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 e-card into a control unit that is not yours, don't worry. Just find the correct control and go through the process again. The wrong one will be discarded.

Most e-cards will retain time stamps for no more than 30 coded controls. Day 2 Course 1 has more than 30 controls. Refer to Day 2 instructions regarding e-card exchange system.

When you reach the finish line, don't forget to put your e-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 short chute to the download station, which will read the information off your e-card and print out a sheet showing your course time and the split times between all controls.

Your e-card has a number that is related specifically to you as a competitor. The cards must not be loaned to anyone else during the event. If you lose a hired e-card there will be a charge of \$50 to cover the cost of a replacement.

## **Points System:**

The Overall Winner for each grade will be based on your best 3 out of 4 days results.

Day 1 will have 2 races with each race worth a maximum of 500 points with the results of both races added together.

Days 2,3,4 will each be worth a maximum of 1000 points.

Points will be allocated within each grade using the following formula:

Winners time/Your time x 1000 (500 Day 1)

This will give 1000 points to the winner and someone who takes double that time 500. A DNF or MP will score 0.

## **Spot Prizes and finish splits competition:**

Each day of TONIC there will be a "fastest finish split" contest for the fastest sprint time from the final control to the finish. There is a separate mens and womens competition for each course on each day. The day 1 times will be calculated by adding together the run-in to finish times of the two races. All courses share the same finish control, so we shall also have a prize for the ultimate "Grand Master" and "Grand Madam" finish split champion each day.

As soon as possible after results have been calculated, on each day there will be a brief awards presentation to acknowledge the final sprints results.

There will also be a draw for spot prizes.

### **Fancy dress contest**

There will be a prize for the best fancy dress outfit each day. So get your old 70's outfits out and give it a whirl!

### **Best epic story contest**

Whoever comes up with the best epic story from the days racing will also be up for a prize.

On day 4 there will be a brief certificate presentation as soon as possible.

## **Social Evening:**

The social evening and celebration meal will be held at the Te Atatu RSA. This venue is family friendly and offers a buffet style meal in a relaxed setting.

**Please book ASAP so we have final numbers by Monday 20 October.**

When: Sunday 26th Oct, 6.30pm.

Where: Te Atatu Memorial RSA

Meal: Buffet. Drinks available at the bar at reasonable cost.

Address: 1 Harbour View Rd, Te Atatu Peninsula 1008

Directions:

1. Follow NW Motorway towards Auckland (from Woodhill) and take the Te Atatu junction off-ramp, turning left into Te Atatu Rd.
2. Go straight at traffic lights.
3. Straight through the first roundabout and continue past Woolworths.
4. At the next roundabout in the shops turn Right into Harbour View Rd.
5. Take the immediate first right into Pringle Road which is beside the RSA.
6. There is plenty of parking off to the right in the community carpark.

There is a link to a map of the venue on the events page.

Cost: \$20 per adult, \$15 per child up to 15 years.

Please book ASAP, as we have to have final numbers in by Monday 20 Oct.

To book: Please email Mervyn, [mervyn.paitry@xtra.co.nz](mailto:mervyn.paitry@xtra.co.nz) with your full name, Number of Adults, and Number of Children who will be attending the TONIC Sunday Celebration Meal and Social.

**BBQ Food:**

There will be a sausage sizzle operating on all days.

Any dogs, animals, or people exhibiting animalistic behaviour may be incorporated into the sausage sizzle.

# DAY 1 – Friday 24<sup>th</sup> Oct. 2008

## Double Middle Distance Event with reverse order chasing start: A – level status

### Location and Access:

Vehicle access to the forest is through the Muriwai gate.

From Auckland take the North-Western motorway and continue following State Highway 16. There will be event direction signs from the turn-off to your left at Waimauku. About a kilometre before Muriwai beach turn right into Coast Road.

The forest access gates will be controlled and you may need to establish with the gate keeper your authority to enter the forest. You will be asked to sign a forest access and insurance liability form.

There is a remote chance that logging vehicles may be operating on Coast Road within the forest. In this case you may be required to enter in convoy groups between the logging trucks.

You must stay on the designated access route following the orienteering direction signs, or our use of the forest may be jeopardised.

Coast Road has recently been “resurfaced” and is very rough, so travelling speed may be slow.

Allow 60 - 70 minutes driving from central Auckland.

### **Gate Open Times:**

The gate will be manned from 11:30, 11:30 am until 18:30, 6.30 pm.

### **Map:**

Scale Course 1 to 7 1:10,000, Contours 2.5m  
Course 8 and 9 1:7500, Contours 2.5m

Last used for Auckland Championships 2007.

Map derived from a 1980's map “Mushroom Road” and revised several times since by Michael Woods, Wayne and Trish Aspin.

Latest revision 2008; Selwyn Palmer, using LiDAR contours, GPS referencing and 2007 orthophotos.

### **Special map symbols:**

Green circle = distinct single tree; green X = log pile; blue circle = water tank or trough

**Motorbike tracks Red/Orange Courses:** This area is shared with regular motorbike club events. Motorbike tracks come and go in a matter of a few weeks. For red and orange courses no motorbike tracks are shown on the map. The only tracks shown are long standing wide tracks that are vehicle width. There are recent sandy motorbike tracks that appear quite wide in places. These are not mapped. Much of the forest has also been thinned by taking out rows of trees, about 5 rows apart. These have not been mapped but at times can look like a wide track, especially if motor bikes have recently been along.



### **Motorbike tracks Yellow/White Courses:**

For yellow and white courses we have endeavoured to map all obvious motorbike tracks. Motorbike events have been through the forest right up to the weekend before the event. Some tracks are mapped as indistinct, others using the normal small path symbol. In some cases a track junction will be shown where useful for navigation purposes, but we will not have been able to map the full length of the track where it is not relevant to your course. Old disused tracks have not been mapped. As described above the rides resulting from thinning of trees are not mapped unless used by the motorbikes and should not be mistaken for a track.

### **Terrain:**

Fast, clean mature pine forest, non intricate sand dune terrain with the occasional larger hill.

### **Event Centre:**

The event centre is in a sheltered clearing adjacent to Inland Road. We are not permitted to use Inland Road for general vehicle access on this day.

Walking distance from Coast Road parking to the event centre is 1.3 km. Allow 15 – 20 minutes' walk and take your gear with you.

4WD vehicles and some more enthusiastic 2WD drivers can use a rough track with roller-coaster surface and puddles to get closer to the event centre, reducing the walk to 800m.

Turning is only possible at one place half way down the track or at the end by Inland Rd. If turning by Inland Rd please do not drive on to the edge of the road. The forest owners are concerned about damaging the edges of the newly laid surface. If you are driving up this track with spare room in your car we would appreciate your offering a lift to anyone who has left their vehicle on Coast Rd.

### **Start/Finish Instructions:**

First event: The start is taped across Inland Road from the event centre. Allow 3 minutes

Second event: Same as above

You will be called up 4 minutes before your start time.

At their start time course 8 and 9 competitors will be taken across Inland road to a start box which they will punch before following a tape to their start triangle

For the afternoon event the starts will be at one minute intervals in reverse order from your finish times in the first race – ie fastest starts last. There will, however be a minimum of 1 hour allowed from finishing your first race and starting your second – should any competitor have less time than this they will allotted a later start for their second race. A start box will be used for all competitors in the second race.

Finish is in the middle of the event centre. Be sure to insert your e-card into the finish e-box, then proceed to the finish tent to download your e-card.

### **Safety bearing:**

SW to road.

**Maximum time and course closure:**

Any competitor with a time longer than 90 minutes will be considered a DNF. Course closure will be 90 minutes after the last start. Course closure time will be displayed at the start.

**Start Times:**

First start for the first race will be 13:00. The first start for the second race will be 15:50.

**Spectator Control**

Courses 1 – 7 all pass through a spectator control on the edge of the event centre during their second race. Course one will pass through it twice.

**Out of bounds:**

All forest is out of bounds except during competition for the whole day. When walking to the event centre you must walk up the vehicle track and then along the left hand edge of Inland Rd, inside fence on the edge of the road. When walking to the start leave the event centre through the gate, cross the road where marked and walk up the edge of the road, inside the fence on the right hand side.

Inland Rd is out of bounds except at marked crossing points or when competing. It is possible that logging trucks could use this road and we must keep it clear.

**Warm up area.**

The route from the cars to the event centre and from the event centre to the start

**String Course.**

The string course will be reached by heading back down the route to the event centre and crossing Inland Rd where marked.

**Clothing:**

There are minimal ground cover hazards. Clothing choice optional.

**Course Lengths and details:**

Course	Classes (M)	Classes (W)	Grade	Length Race 1 km	Length Race 2 km
1	M21E		Red	5.5	5.8
2	M17-20E, M21A, M40	W21E	Red	4.1	4.2
3	M50A, M21AS, M17-20A	W17-20E, W21A, W40A	Red	3.1	3.3
4	M16A, M60A, M40AS	W17-20A, W50A, W21AS	Red	2.6	2.8
5	M70A	W60A, W70A, W40AS, W16A	Red	2.0	2.0
6	M14A, M Open Orange Long	W Open Orange Long	Orange	2.7	2.7
7	M Open Orange Short	W14A, W Open Orange Short	Orange	2.1	1.9
8	M12A, M Open Yellow	W12A, W Open Yellow	Yellow	1.6	1.9
9	M10, M Open White	M10, W Open White	White	1.0	0.9

# DAY 2 – Saturday 25<sup>th</sup> Oct. 2008

## Multiday Long Distance Event: A level status

### Location and Access:

Vehicle access to the forest is through the Restall Road gate.

From Auckland take the North-Western motorway and continue following State Highway 16. There will be event direction signs from the turn-off to the left to the forest headquarters, Restall Road, about 5 km past Waimaiku.

The forest access gates will be controlled and you may need to establish with the gate keeper your authority to enter the forest. You will be asked to sign a forest access and insurance liability form.

You must stay on the designated access route following the orienteering direction signs, or our use of the forest may be jeopardised.

Allow 55 - 65 minutes driving from central Auckland.

### Gate Open Times:

The gate will be manned from 9:00 until 15:00.

### Map:

Scale 1:7,500 Contours 5 m

Part of it last used for Auckland Championships 2007.

Map derived from "Beautiful Hills" which was used for World Cup 1994.

Latest revision 2008; Paul Ireland, using LiDAR contours and 2007 orthophotos.

### Event Centre:

The event centre is in a clearing beside Inland Road. Parking is along the side of Inland Road North of this point. DO NOT park on Inland road south of the event centre or you will be moved.

The further up Inland Road you park the shorter will be your walk to the start.

Please bring your lunch and other gear to the event centre for after your run as there is great viewing of the competitors as they come through the spectator control and on the approach to the finish.

### Start/Finish Instructions:

The start for all courses is an invigorating 2km walk from the event centre. This includes 1200m on a flat road and 800m uphill on a sandy track that is steep in places. This has been walked at a deliberately slow pace and took 30 minutes. If you are a really slow walker this may take longer, please allow plenty of time to get to the start. Any W/M 100's who think they might have problems with this track please let the coordinator know before race day and we will arrange transport for you. (Any elites or junior elites who attempt to make use of this transport will have 30mins added to their race time!!)

There will be a toilet and drinking water at the start. A clothing return will operate on demand.

At the start you will be called up 3 minutes before your start time. Write your name on the back of your map.

Finish is at the event centre. Be sure to insert e-card into the finish e-box, then proceed to the finish tent to download your e-card.

## **Clothing**

The vegetation is a bit scratchy so long pants are probably a good idea.

Much of the native forest has now been mapped as white where it is quite open, although not always super fast under foot. The green runnability has been mapped relative to this. There is now a bit more fallen wood making a slight nuisance of itself due to the stormy weather we had this winter. Take extra care in the native to avoid sticks or twigs getting in your eyes or other vulnerable parts.

## **Spectator Control:**

The spectator control is approx 60% (C1&2) to 75% (others) of the way through the course (apart from C8 and 9 that don't visit the spectator control) Courses 1 and 2 pass through this control twice. You are welcome to put your own drink bottle (labelled) at the spectator control prior to going to the start, a table will be provided for this. The usual drinking water and cups will be provided at the spectator control as well.

## **Course 1: Special Instructions:**

Course 1 has more than 30 controls. This will require an SI card and map change. Course 1 competitors

will start with their own SI card. When they get to the map change they will punch a finish box. They will

then drop their SI card and map in a box, the second map will be handed to the competitor and will have

the second SI card sellotaped to it. The competitor then punches the control with the new SI card and

continues as normal.

The change over is done in race time.

A separate control description sheet for the second part of the course will be available at the map change.

**Safety Bearing:** South-west to Inland Road

**Course Closure:** 3.45 p.m.

## **They really are Beautiful Hills**

As the mapper for this wonderful terrain we are able to experience I wish to share my thoughts about the Beautiful Hills map.

Forget the endless agonizing hours and headaches trying to render the complex mix of clay erosion and windblown sand hills into a fair and readable orienteering pallet. Forget the frustrations of remapping parts more than once because the detail just wouldn't fit. Forget the buckets of sweat, bloody cuts and grazes and hunger when I forgot my lunch. Forget freaking out cos it was getting dark quickly, and forget thinking such defeatist thoughts such as "what on earth am I doing out here", "am I completely insane", "is my wife right about the last thought" and "will this ever end"...?

Those memories are slowly fading away. Now what I'm thinking about is how I was wonderfully startled by the most handsome and huge of stags if ever seen, with antlers so big he had to smash down trees just to escape my presence. The day Mark commented that a pack of pigs scared the b'gebbers out of him. The peacefulness of the bush, the sound of the less common birds, sometimes no sound – just a heartbeat that gets louder if you ponder too long over the thought provoking quietness. The smells of the bush... from those magnificent native specimen tree aromas that gets you wondering; the familiar scent of those twisted, knarly tea tree groves; to the invigoration sharp smell of the pinus radiata that sparks life into any red blooded NZ orienteer. I also can't get out of my mind thinking at times how nature has carved such an interesting sculpture of lumps and bumps, and then delicately or fiercely washed them away with torrents of rain - as if to create some terrain just for us!

On a windy challenging day the forest protected and sheltered me from the worst but even itself sometimes showed the scars of a lost battle, some parts that I saw reminded me of the perfection of a Japanese bonsai garden, only weeks later

suffered at the hands of nature with its ever changing effect. Some of these place remain unaffected, beautiful, surreal, there to discover for those who can see it.

When we race, some of these experiences are lost as we focus, trying our best not to be distracted, but it's always there. We are so lucky to have the chance to be in such wonderful places. One particular area I spent a very frustrating time putting onto paper, in my head I call the enchanted forest. I hope you get to feel it too.

The large permanent out of bounds area on the map is called a Urupa.

**Urupa** (Burial ground) are regarded as extremely sacred and one of the most significant categories of Waahi Tapu. They contain the ancestors of the living and therefore require the utmost respect and attention so that the Mana (prestige) of these ancestors and their descendants can be protected.

**Waahi Tapu** (Sacred place or precincts)

A particular category of ancestral land which is held in the highest regard by Maori people, the term Tapu is used to refer to something which is sacred or forbidden, while the term Waahi refers to a particular location. Numerous categories of Waahi Tapu exist, some of the most common being **Urupa**; land associated with Marae; fishing grounds traditionally used; and areas which contribute to spiritual/cultural heritage, e.g. a battle site.

The sacred place is a part of this lovely forest and has no distinct boundaries only survey posts, so please take care to respect the protected area.

Our courses have been designed so you can experience a variety of terrain in the short (hopefully) time that you course allows you to be here. Apologies for the long walk to the start, but wow - what a view!

I wish especially to thank Mark L for his tireless and thorough help in controlling me, with his great ideas and enthusiasm to keep me going, he's probably starting to know the map as much as me.

As part of the remapping exercise I was [lucky]? enough to have access to some LiDAR contours and orthophoto imagery. This has allowed me with hard work to hopefully improve on the positional problems encountered in some areas on the old map. However combining two different maps together, with one having a couple of missing contours and others that magically disappear has been very difficult under our timeframe, so if you hunt carefully enough you will find more disappearing little brown lines, please don't be too confused and I hope you forgive me!

Disclaimer: Not all the forest is beautiful; some of it is foul, impenetrable and unforgiving.

Be wary and enjoy!

Paul I.

### Course Lengths and details:

Course	Classes (M)	Classes (W)	Grade	Length km	Climb m
1	M21E		Red	8.7	340
2	M17-20E, M21A, M40	W21E	Red	6.1	240
3	M50A, M21AS, M17-20A	W17-20E, W21A, W40A	Red	5.1	185
4	M16A, M60A, M40AS	W17-20A, W50A, W21AS	Red	3.9	125
5	M70A	W60A, W70A, W40AS, W16A	Red	2.8	95
6	M14A, M Open Orange Long	W Open Orange Long	Orange	3.6	105
7	M Open Orange Short	W14A, W Open Orange Short	Orange	2.8	95
8	M12A, M Open Yellow	W12A, W Open Yellow	Yellow	2.7	70
9	M10, M Open White	M10, W Open White	White	2.8	70

# DAY 3 – Sunday 26<sup>th</sup> Oct. 2008

## Multiday Long Distance Event: A level status

### Location and Access:

Vehicle access to the forest is:

From Auckland take the North-Western motorway and continue following State Highway 16. One km before Helensville turn left into Parkhurst Rd to Parakai. Once through Parakai the road becomes South Head Road. Follow this road until you reach Trig Rd on your left just before the seal ends. Follow Trig Rd for about 1km and turn right into the forest at the northern headquarters. Continue along Tasman Rd, though most of the forest has been felled in the past year. It will be signposted as well. After about 3kms turn left into Inland Rd and through the manned gate. Parking is 1.5 kms from the gate. Park on either side of the road but as far left as possible. Due to part of the forest being felled recently you will have to walk 300 metres to the event centre .So consider bringing all your gear in with you.

The forest access gates will be controlled and you may need to establish with the gate keeper your authority to enter the forest. You will be asked to sign a forest access and insurance liability form.

You must stay on the designated access route following the orienteering direction signs, or our use of the forest may be jeopardised.

Allow 80 – 100 minutes driving from central Auckland.

### Gate Open Times:

The gate will be manned from 9:00 midday until 16:00. Departures after this time by arrangement with event organisers.

### Map:

Contour interval: 2.5m

Course 1 has a map change.

Courses 1, 2, 3, 6 (long orange) and 7 (short orange) are at 1:10000

Courses 4, 5, 8 (yellow) and 9 (white) are at 1:7500

Courses 1 to 6 have a spectator control

Last used TAMOC 2007

Map: Part of White Lightning

Latest revision 2008

### Event Centre:

The event centre is 300 metres from the parking area.

### Start/Finish Instructions:

The start is 500 metres from the event centre.

At the start you will be called up to 6 minutes before your start time. Write your name on the back of your map.

Finish is at the event centre. Be sure to insert e-card into the finish e-box, then proceed to the finish tent to download your e-card.

**Spectator Control:**

There is a spectator control adjacent to the event centre and is visited by courses 1-6.

**Clothing:**

There are minimal ground cover hazards. Recommended clothing choice: optional.

**Course Closure:** 4.00 p.m.

**Course Lengths and details:**

Course	Classes (M)	Classes (W)	Grade	Length km	Climb m
1	M21E		Red	11.1	170
2	M17-20E, M21A, M40	W21E	Red	8.1	120
3	M50A, M21AS, M17-20A	W17-20E, W21A, W40A	Red	5.7	80
4	M16A, M60A, M40AS	W17-20A, W50A, W21AS	Red	4.5	70
5	M70A	W60A, W70A, W40AS, W16A	Red	3.4	55
6	M14A, M Open Orange Long	W Open Orange Long	Orange	4.8	75
7	M Open Orange Short	W14A, W Open Orange Short	Orange	3.2	50
8	M12A, M Open Yellow	W12A, W Open Yellow	Yellow	2.65	30
9	M10, M Open White	M10, W Open White	White	2.2	25

Note: Course 9 on Day 3 has been removed due to no entries

# DAY 4 – Monday 27<sup>th</sup> Oct. 2008

## Multiday Long Distance Event with mass start for elites: A level status

### Location and Access:

Vehicle access to the forest is through the Restall Road gate.

From Auckland take the North-Western motorway and continue following State Highway 16. There will be event direction signs from the turn-off to the left to the forest headquarters, Restall Road, about 5 km past Waimaiku.

The forest access gates will be controlled and you may need to establish with the gate keeper your authority to enter the forest. You will be asked to sign a forest access and insurance liability form.

You must stay on the designated access route following the orienteering direction signs, or our use of the forest may be jeopardised.

The forest drive is to the end of Restall Road and then left into Coast Road.

Allow 60 - 70 minutes driving from central Auckland.

### Gate Open Times:

The gate will be manned from 8.30 a.m. until 3.30 p.m.

### Map:

Scale 1:10,000, Contours 2.5m

Some completely new mapping, never been used before.

Rest of the map derived from a 1980's map "Mushroom Road" and revised several times since by Michael Woods, Wayne and Trish Aspin.

Latest revision 2008; Selwyn Palmer, using LiDAR contours, GPS referencing and 2007 orthophotos.

### Special map symbols:

Green circle = distinct single tree; green X = log pile; blue circle = water tank or trough; black X = man-made object, on this map – a vehicle wreck.

**Motorbike tracks Red/Orange Courses:** This area is shared with regular motorbike club events. Motorbike tracks come and go in a matter of a few days or weeks. For red and orange courses all motorbike tracks are not shown on the map. The only tracks shown are long standing wide tracks that are vehicle width. There are recent sandy motorbike tracks that appear quite wide in places. These are not mapped.

### Motorbike tracks Yellow/White Courses:

For yellow and white courses we have endeavoured to map all motorbike tracks. Motorbike events have been through the forest right up to the weekend before the event.

Some tracks are mapped as indistinct, others using the normal small path symbol. In some cases a track junction will be shown where useful for navigation purposes, but we will not have been able to map the full length of the track where it is not relevant to your course.



**Terrain:**

All courses: fast, clean mature pine forest, sand dune terrain ranging from non-intricate to highly intricate with the occasional larger hill. Some areas of closer unpruned pines with lower visibility.

Red courses: an area of flat semi-open coastal terrain with complex vegetation cover (see "The Maze" below).

**Map Inset at 1:5,000, "The Maze":**

Part of the red courses use an area that is unique in Woodhill. Because of the detail this area will be expanded to 1:5,000 in an inset.

**Special Navigation Issues 1:5,000:**

The area is coastal and includes many fallen macrocarpa trees that have been dead for many years. Macrocarpa wood is harsh and is very slow to rot. The fallen trees are extremely difficult to get through. There are also some areas of dense prickly scrub. Even some of the low pines are too dense to get through. Therefore solid green can represent dead trees lying on the ground or dead trees still standing or dense low scrub or living trees. Where there is walking access between blobs of solid green this has been mapped as solid yellow about the width of a foot track. The foot access may be hard to see and only 0.4m wide. Rough open is generally slow progress as it mostly includes ground cover of rushes, occasional logs, scattered scrub and sundry nuisances. Where trees, native or exotic, are above about 2 metres they will be mapped as forest, either white, slow run, or walk. The slow run and walk stripe symbols are also used in white and rough open yellow areas.

*Do not underestimate the technical difficulty of this area.*

**Out of Bounds:**

Both sides of Coast Road are within the competition area and are out of bounds. Therefore warm up area is confined to Coast Road.

**Event Centre:**

The event centre is in a sheltered clearing adjacent to Coast Road, within 200 m of the beginning of the parking area. Parking is on the coastal side of Coast Road, extending to the NW from the event centre. Please park as directed.

**Special Hazards and Clothing:**

There are major injury hazards for all red courses. There is tangled vine stuff on the ground. Dead macrocarpa trees at ground, leg, waist and head level have harsh spiky bits that scratch very easily. There is a real risk of tripping up and hitting one of these spikes.

Full body cover and eye protection are recommended for red courses. There are no specific clothing recommendations for other courses.

**Safety bearing:**

SW to road or the beach.

**Spectator Controls:**

All red courses (Courses 1-5) have a spectator leg running through the middle of the event centre with two spectator controls. There are excellent spectator opportunities for this leg as well as the elite mass starts and the final run into the finish for all courses.

### Start/Finish Instructions:

Day 4 will have a mass start for junior and senior elite classes, leaving from the edge of Coast Road by the event centre. The start times are as follows:

M17-20E 10:00 am  
W17-20E 10:10 am  
W21E 10:20 am  
M21E 10:30 am

All elite classes assemble at your start area no later than 3 minutes before your start time and await the starter's instructions.

For all other classes the start is within 100 m of the event centre.

At the prestart you will be called up 4 minutes before your start time, and will move forward and collect your control descriptions. You will move forward to the maps two minutes prior to your start. Write your name on the back of your map. Red course competitors should write their course number on the back of their hand to remind them when they collect their new map at the map change. Listen to the starter's instructions and start when instructed to do so.

Finish is near the event centre. Be sure to insert e-card into the finish e-box, then proceed to the finish tent to download your e-card.

### Map Change: Special Instructions:

All red courses (Courses 1-5) have a map change. Punch the control, place your map into the box provided and collect your new map from the box labelled with your course number. We recommend writing your course number on the back of your hand before the race so you don't collect the wrong map at the map change. Ask for help if you need it.

### String Course.

The string course will be behind the creche parking area.

### Maximum time and Course Closure:

Any competitor with a time longer than 3 hours will be considered a DNF. Course closure is at 3:00 pm.

### Course Lengths and details:

Course	Classes (M)	Classes (W)	Grade	Length km	Climb m
1	M21E		Red	8.64	150
2	M17-20E, M21A, M40	W21E	Red	6.78	130
3	M50A, M21AS, M17-20A	W17-20E, W21A, W40A	Red	4.99	80
4	M16A, M60A, M40AS	W17-20A, W50A, W21AS	Red	3.36	40
5	M70A	W60A, W70A, W40AS, W16A	Red	2.11	20
6	M14A, M Open Orange Long	W Open Orange Long	Orange	4.15	80
7	M Open Orange Short	W14A, W Open Orange Short	Orange	3.06	60
8	M12A, M Open Yellow	W12A, W Open Yellow	Yellow	2.55	40
9	M10, M Open White	M10, W Open White	White	2.06	30