



Nelson Orienteering Club

NOC Newsletter

Friday 28 March

Issue 2, 2025

FROM THE PRESIDENT

It has been a busy start to the year with five summer sprint series and our first OY in the first six weeks of the event season. Thankyou to all the Planners, Controllers and Computer Technicians for your time and effort that means we have quality events that run seamlessly.

Thankyou to everyone who has paid their Membership for this year. January and February had a large number of payments with 170 members that early in the year.

The transition to pre-entering events has gone well and I thank you for adopting this change. We have significantly reduced excess map printing, far less work for the registration team 'on the day' and it makes the Treasurer's job a lot more efficient as all data for event levies is already digital with one payment into the bank account to reconcile.

After approving a new Constitution at the AGM at the end of last year, this has now been filed with the NZ Companies Office and we are a Certified Incorporation.

World Orienteering Week 2025 is coming up between the 17th and 25th of May. There are a couple of events planned in the region.

Good luck to everyone traveling to Christchurch for the Nationals over Easter,

Richard Dunn



Membership fees	2
Orienteering Calendar	2
Summer Sprint Series	3
Fair Play	4
OY - Pelorus Challenge	5
Controller Clinic	6
Starting a race	7
O Fundamentals	7
MTBO Champs	8
Navigation start with a plan	9

- 2025 Membership fees due now!
- NOC singlets and T-shirts ordered, coming soon!
- In 2025, all NOC events are by pre-registration only. There are limited additional maps ordered for each event.
- Know where you're going and have a plan, with Tane Cambridge's help!

MEMBERSHIP FEES

Membership fees were confirmed by the AGM and remain the same as 2024. The only change is the new discount from 1 August, 8 months into the membership year. Membership invoices have been issued for 2025 in January. If you have not paid yet, please use the unique MRcode on your invoice with your payment.

New members

New members are always welcome! The best place to start is by clicking this [link on the NOC website](#) and then following the instructions. If you are joining a family, each member needs to join separately on Revolutionise. Then please email the club with all the names of the family, including nominating the "Primary Adult" and you will be linked together in the 'background' of the database.

All payments need to go to the NOC NBS account (03-1354-0601318-00, Nelson Orienteering Club Incor) as the club's old Westpac account no longer exists.



APRIL - JUNE 2025 ORIENTEERING EVENTS' CALENDAR

The most up-to-date calendar can be found on the [NOC website](#), including links needed for the required online registration.

Date	Event	Location	Start	Course
01/04/2025	Mitch' Marsden Valley Fundraising Rogaine	NCA School, 100 Marsden Valley Road, Stoke (fundraising for Himalayan Trust)	17.00-18.30	20.00
06/04/2025	Club Event	Branford Park, Maitai Valley, Nelson	10.30-12.30	14.30
13/04/2025	Club Training - red level	Canaan Downs, Takaka Hill	10.30-13.00	13.00
18/04/2025 - 21/04/2025	NZOC25	Canterbury		
25/04/2025 - 28/04/2025	South Island Secondary Schools' Championship	Cromwell / Alexandra		
04/05/2025	MTBO	Codgers MTB Park		
18/05/2025	OY2	Canaan Downs, Takaka Hill	10.30-12.30	14.30
31/05/2025-02/06/2025	King's Birthday Weekend	Hastings / Havelock North		
08/06/2025	OY3 (tbc)	Bastion, Marlborough (MOC)	tbc	tbc
11/06/2025	NOcturnal 1	Maitai & Botanic Gardens		
25/06/2025	NOcturnal 2	Stoke		

Behind the scenes...

When you arrive for an orienteering event, as if by magic, everything is already set up, with flags letting you know the location of the Start and you might already have spotted a few controls while driving towards the event. However, what is needed to make everything run smoothly? Micah Dunn, planner for the first Summer Sprint Series recounts what's involved 'on the day'.

90 minutes to set up...

"On the day the Dunn and Linyard families arrived around 4:15pm to start setting out controls and the registration, for a planned 5:45pm start. This was a relatively big job as we had 30 controls and nearly half of them needed stands. It took most of that time to split the maps into groups of about 5 controls each, then run and put them out.

First, I ran around the field to put out controls that didn't need stands, while the others put out the wooden stands so we could then put the rest of the controls straight in them.

Once that was all set up people started to arrive. From here I was at the start sending people out on their courses, and the event seemed to run well."



SUMMER SPRINT SERIES 2025



Coombs, and the even more challenging course on the new Sanctuary Ponds and Inlet Walkway map in Motueka, sorted by Rebecca Smith and Darren Ashmore.

For many youngsters the Sprint Series is their first experience with orienteering, and as a club we love seeing all the new faces, the enthusiasm, and the parents taking time to explain 'reading a map'.



Nelson's orienteering year traditionally starts with the Summer Sprint Series, a series of five events in an urban environment. 'Urban' is a relatively flexible term here, since this year it also included a brilliantly planned complex course in Isel Park, by Calum



The first event was at the Nayland schools, by young and 'brand new' planner Micah Dunn and controller Keshia Linyard - and they found all the tricky crannies to place controls! The second event was set by the team of Oliver Egan and Marina Comeskey at three-dimensional Nelson College for Girls. Eddie Swain and Dougal Shepherd created challenging maps for Garin College and the surrounding Saxton Fields.

All these events were coordinated by Georgia Whitla, with the flexible timing team of Daniel Penney, Dale McDonald, Annemarie Hogenbirk and Jan Jager making sure all those second courses 'on the night' ran smoothly as well!



FAIR PLAY

In the days leading up to the Sprint at Oceania 2025, the controller for the event found a group of participants with maps of the area and making notes, while being in an embargoed area. While most participants intuitively know this is *not* OK, what are the rules for 'Fair Play'?

To help expand your knowledge, a new Fair Play E-learning course is available, answering questions like "How should you act if you know the terrain before a race", "meet an injured runner in the forest" or "are asked for directions"? These are some of the topics covered in the new basic Fair Play course, that is available on IOF's E-learning platform. The course consists of 14 different lessons with text and video clips – all with a short quiz in the end. It is a great opportunity to update your knowledge on key fair play issues before, during and after a race for everyone.

This course is especially strongly recommended for orienteers with ambitions of participating in international events. Give it a try - we'd love to hear your feedback!

<https://education.orienteering.sport/courses/fair-play-basic-education/>



2025: ONLINE PRE-REGISTRATION ONLY

Participants at events run by Nelson Orienteering Club [need to pre-register online for each event](#). From April onwards, there will no longer be additional maps printed.

This helps the event organisers to run all events smoothly:

- No long queues at Registration during the event: participants only need to pick up their hired SportIdent, in case they do not have their own;
- Minimal crew needed at Registration during the event;
- There are enough maps printed for all participants, and no maps go to waste.

EVENT FEES 2025

At the AGM the membership adopted the new fee structure. This brings our fees in line with other clubs around the country and reflects the cost of running events in different locations, while re-establishing the fee structure to pre-Covid prices.

Registration on the day is strongly discouraged, with higher late fees, and *no* family discount on offer.

Competitor type	OY	Forest event	SSS / NOCturnal
Club member			
Senior	\$15	\$10	\$5
Junior	\$10	\$5	\$5
Family	\$40	\$25	\$15
Non club member			
Senior	\$25	\$15	\$10
Junior	\$15	\$10	\$5
Family	\$60	\$40	\$25
SportIdent (SI) hire	\$3	\$3	\$3

The online registration process can be a bit tricky. If stuck, please read the registration instructions on the website. If still stuck, please contact us via noc.promotion@gmail.com.

OY - PELORUS CHALLENGE

The 'Orienteer of the Year' (OY) Pelorus Challenge competition is a competition contested by members from both Marlborough and Nelson Orienteering Clubs. To qualify for points, you must be a club member of either club. If you are *not* a club member, you can still run any course during a Pelorus Challenge event, but a non-club member does not participate in the OY competition.

To qualify for the OY Pelorus Challenge, you must run in the same grade throughout the year.

Each grade winner at each event gets 25 points, other competitors points are based on their time proportional to the winners, down to a minimum of 5 points.

Planner and Controller each get full points (25 points) for the OY they are involved in.

There are a number of events on offer this year, organised by MOC or NOC. Each event will accumulate points towards your final total. The lowest event score will be removed.

Grades are listed below please identify which grade you want to compete in when you enter.

Course	Grade	Eligible Ages ^{*)}	Trophy
Red - Long	Open Men	All ages	Dave Forbes Cup
Red - Medium	Veteran Men / Women	40+	
	M20, W20	20 & under	
Red - Short	Super Veteran Men / Women	60+	
	M16, W16	16 & under	
Orange	Open Social Men / Women	All ages	
	M14, W14	14 & under	Club trophy
Yellow	M12, W12	12 & under	Murray Cup
White	No Pelorus Challenge		

^{*)} age is based on the age you turn during the calendar year. For grades up to MW20 you can run in an older age grade ("run up"), anyone can run open grade and super veterans (60+) can run in veteran (40+) ("run down").



The first OY for 2025 was held at West Bay, Nelson Lakes, at stunningly beautiful but always tricky West Bay in almost wind still, stunning autumn conditions. Planner Nick Ross, and controllers Naomi Whitehead and Georgia Whitla used the map to its full advantage, causing headaches for beginning and very experienced orienteers alike ;-)

If you'd like to see how others tackled the courses, please visit the [Results page](#) of the NOC website. Several participants have uploaded their runs to Livelox. This programme gives you a good understanding of the strategies of fellow competitors: following a handrail like the overhead electricity wires, using a big stone field as a catching feature, etc.

See you at OY2 on 18 May!



NOC is missing two trophies from the wooden set:

- Open Men
- Veteran Men (40+)

They were last awarded in 2020, so have been sitting around for a while. The trophies look exactly like the picture below.



Found? Know where to look for them? Inking of a possible owner?

Please let us know by contacting Richard Dunn (noc.president@gmail.com)

CONTROLLERS' CLINIC IN NELSON

Nelson Orienteering Club is looking to host a Controllers Clinic in Nelson in August: a date has not been confirmed, but we're aiming for either 2-3 or 23-24 August '25.



Please reply to Richard Dunn at president.noc@gmail.com if you are interested and which weekend you prefer and we will try to make it happen! Please reply by 30 April latest.

NOC CLUB SHIRTS

As announced in the previous newsletter, club shirts have been ordered, and are expected to arrive in about four weeks from now.

Anybody who ordered a shirt will be contacted on arrival. A few additional shirts have been ordered and will be available asap afterwards.

Fleur Murray

fleurandneil@gmail.com



ISOM 2017 SYMBOLS: DO NOT GO THERE!

ISOM-no	Symbol	In words	Description
708		Oob boundary	Out-of-bounds (Oob) boundary: you are not allowed to be inside the out-of-bounds boundary on the map.
709		Oob area	Out-of-bounds area within the oob boundary.
710		Crossing point	A crossing point, often on a busy road
711		Oob route	A route choice, which is not allowed to be taken.
520		Area that shall not be entered	Any olive-green area is forbidden to enter, for a multitude of reasons. This could be private property, a newly planted flowerbed that can not be crossed or an area with heavy machinery, just to name a few.

TRAINING FOCUS - STARTING A RACE

Focus for the first Red-training of 2025 at Tee Total, Nelson Lakes, was to practice 'Starting a Race' smoothly and in control.

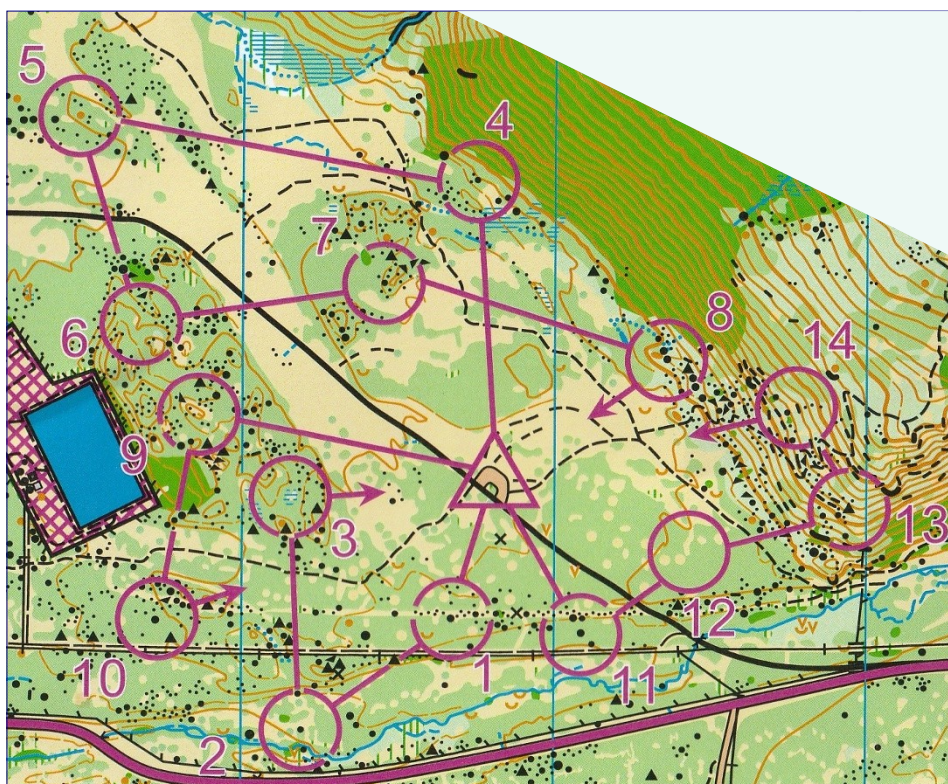
As Darren Ashmore pointed out, the beginning of a race can often be a time when orienteers make mistakes, so it is important to take the time to get focussed, "get into the map", work through their navigation processes, while to allow themselves to be distracted by the many fellow orienteers around them.

Confidence up?

In other words, the start of a race is a time where a lot is happening, and finding the first few controls usually is a great confidence booster, with the reverse being true as well. Darren's solid advice is to start your race slower than your 'normal', to get into the flow, getting a good feel for the map, distances and how to 'read' the vegetation, while being really, really focused on your plan to get to each control.

Training map

The training course was broken up in to four loops, with relative short distances between the controls. After finishing each loop, we were instructed to start a new loop, imagining starting a new race.



Armchair exercise

How would you approach each loop above, as an arm-chair exercise? Could there be an alternative approach? Which features do you expect to see along the way?

O Fundamentals

Independent of your navigation ability level, make sure you get the fundamentals right - so they become your 'standard', your routine, and you don't even think about these anymore.

⇒ **Always orientate your map** (=lined up with north): the landscape you see in front of you corresponds with the details on the map in front of you. In addition, most orienteers prefer to fold their map smaller, focussing on the control you're heading toward.

⇒ **Know your direction:** know the feature you are navigating to, know where you are on the map, know what you expect to see, and roughly how long it takes to get there

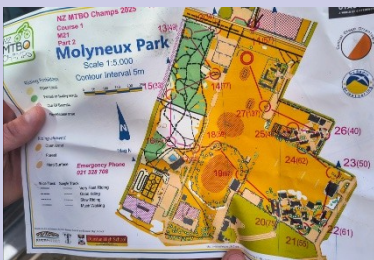
⇒ **Have a good plan:** formulate a plan in your mind by choosing the features you want to see along your chosen route to reach the final Attack Point, from where you go into the control circle.

Intro to MBTO

Mountain Bike Orienteering (MTBO) is simply orienteering on a mountain bike. Some of the differences between foot orienteering and orienteering on a mountain bike are the symbols and colours of the map and the rules around cross country travel.

Strategy

MTBO combines the fun and



excitement of biking with navigation skills. As checkpoints are always on roads, trails, or open land, the navigation is easier than foot orienteering, but as the speed is higher, and 'reading' a map while riding is harder, making good route choice decisions is essential.

Terrain

MTBO usually takes place in areas that are already used for mountain biking, with a high concentration of trails to create interesting navigation.

Sprint MTBO can also be done in urban areas, creating very challenging navigation as it forces you to make many quick decisions and consider obstacles like stairs and walls in your route planning.

For more information, check the [ONZ website on MTBO](#).

MTBO - NATIONALS

Maegan and I had an incredible trip to Otago for the New Zealand Mountain Bike Orienteering Nationals, held the first weekend in February 2025. The event was everything we hoped for—challenging courses, stunning landscapes, and perfect weather.



Middle & Long distance

The first day in Alexandra was scorching hot for the middle-distance race, with the dry heat adding an extra challenge as we navigated through Matangi Station. One thing that stood out was the pungent smell of wild oregano filling the air, a unique and unexpected sensory experience that made the ride even more memorable. Naseby, though cooler, still provided a warm and fast-paced competition for the long-distance event.

Looking back, and ahead

While we both wished we had placed better, the experience itself was absolutely worth it. The terrain and course design were fantastic,

with Naseby standing out as a true wonderland for MTBO—Maegan especially loved it. To cap off the weekend, we tackled a two-hour Rogaine together, which was the perfect way to finish before cooling off with a swim at the local swimming hole and heading home.

Now, we're already looking ahead to more MTBO—time to check the calendar for the next event in May! How about joining in at Codgers MTB park, Sunday 4 May?

Daniel Penney



NAVIGATING STARTS WITH A GOOD PLAN

The following article is copied from [Wilderness Magazine, 1 April 2013](#). It is written by Tane Cambridge, a very experienced orienteer from PAPO who has competed at several World Orienteering Championships.

Have a plan

To navigate precisely you need a good plan before you start. If you are unaware of exactly where you are and you're not quite sure where you are going, there is a good chance you will end up somewhere where you don't want to be! The best way to execute a plan is break it up into steps based around a start point and end point, and a route of how you are going to get there. In orienteering, the acronym CARE is used to plan a route from your known location to the destination. CARE stands for:

Control: The destination

Attack point: A clear obvious feature near the control (or series of attack points on longer legs)

Route choice: The way you will go to reach your destination.

Exit: The direction you will go to next after reaching your destination.

"So, before you make a move, make sure you know where you are going and how you are going to get there!" Tane Cambridge

Route choices can be easy or hard depending on your ability, strengths and weaknesses. In most cases the easiest route may not be the most interesting or the fastest but it may be the safest, so you should always weigh up your options before setting off. 'Handrails' are a good basis for a route choice and are generally linear features you can follow such as a stream or track, but they could also be formed from a series of contour lines such as a spur or gully. Attack points tend to be underutilised and should be a clear, obvious feature near to the destination that you can roughly navigate to. An attack point may be a track junction or a cliff face – it should be *easy to distinguish* and *obvious* when you see it.



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This NOC newsletter appears bi-monthly,
on the last Friday of the month,
starting in January

If you'd like to contribute, have photos to
share, or would like to respond to an earlier
edition,
please get in contact with the editor via
noc.promotion@gmail.com

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