



Nelson Orienteering Club

NOC Newsletter

Friday 26 September
Issue 1, 2025

FROM THE PRESIDENT

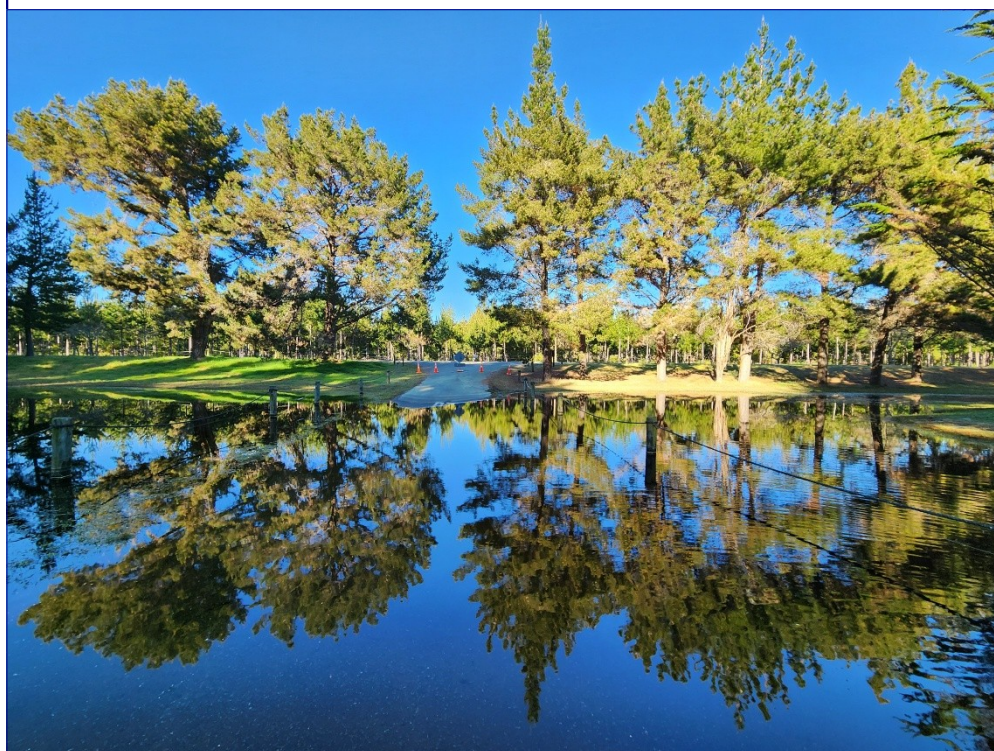
While it may seem that it has been a quiet month or so since the end of the NOcturnal Rogaine series and all the European orienteering adventures of some of our junior members, there have been a number of things happening.

Thanks to Darren Ashmore for running an interesting Red Course training session at Rabbit Island made more interesting with the extra lakes! A well attended Controllers Clinic was run in August by Alister Metherell from PAPO. It was great to offer this course to club members and be able to host a majority of the Marlborough Committee as well for Orienteering in the top of the south.

Large events take a lot of energy from a small group of people. A massive thank-you to Dave Quested and Darron Jones for planning the Wily Weka 2025. Over 300 people spent a fairly damp, slippery and changeable weather day in some steep terrain in three or six hour events. Thanks also to Cable Bay Adventure Park for hosting us and Annemarie Hogenbirk for her tireless oversight of our larger events.

Make the most of the longer days and maybe the snow now that it has finally arrived!

Richard Dunn



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- Which race gave Eddie Swain's 'most bangs for his bucks' during JWOC - read more on page 6
- Which was Riley Croxford's favourite race during JWOC? Find out on page 7/8
- Looking forward to an orienteering event in a gorgeous location (or two) - why not register for 'Golden Bay Revisited' - read more on the back page.

NOCTURNAL-4: THE BROOK, GRAMPIANS - PHOTO IMPRESSION



OCTOBER - DECEMBER 2025 NOC EVENTS' CALENDAR

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

Date	Event	Location	Start Window	Course Closure
30/10/25	(Day-before) Super-scary Halloween Vampire Orienteering	Rabbit Island Domain	6:00 PM	
01/11/25	Castle Hill Orienteering	Castle Hill (PAPO)	Pre-entries preferred	
08&09/11/25	Tūāraki North Regional Championship	Opepe and new location at Lake Okataina	Online entry - early entry fees until 12/10/25, entries close 28/10/25	
22/11/25	OY5	Canaan Downs, Tākaka Hill	Golden Bay Revisited	
23/11/25	OY6	Kaihoka Lakes, Golden Bay		
7/12/25	Club Event - Christmas / AGM	tbc	tbc	

CONTROLLERS' CLINIC

When an orienteering event is organised, you often see 'and the planner/controller are' followed by two (or more) names. The planner designs the different courses - that seems pretty straightforward. Whoever, what does the 'controller' do? That is precisely the question answered by Alister Metherell, organiser of the Controllers' Clinic recently held in Richmond.

FUNCTION OF THE CONTROLLER

A controller has one primary concern: "How will this (course/start/finish/control placement, out-of-bounds area, just to name a few) affect the competitor, and is it fair?"

In other words, the controller at an event is there to advocate for the competitor. To approach the same question from another angle, a controller constantly asks, "What could possibly go wrong?"

RESPONSIBILITY

A controller of an event bears the ultimate responsibility for the event, covering both the big picture (such as terrain suitability, official event information, and overall safety of competitors, spectators, event officials, and the public) and nitty-gritty details (like the printing method or ensuring the map conforms to the latest IOF standards).

The controller has the authority to require adjustments if they consider them necessary to meet the event's requirements.

EVENT COURSES

The controller's role is to advise and assist the course planner in designing courses that are fair, challenging enough both physically and technically, and that test a broad range of navigational skills. Ideally, the overall results of a competition should accurately reflect the technical and physical abilities of the competitor.

CONTROLLERS' CLINIC

With participants from very diverse backgrounds and varying levels of orienteering experience, Alister kept the course relevant for everyone involved, often giving examples of real-life situations.

A bonus was the two practical exercises, on maps with courses containing deliberate mistakes, revealing how each participant identified different details for improvement.

And, as a bonus, what a stunning, crisp morning to be out on Rabbit Island!



Gabrielle and David (both from MOC) with Controllers' Clinic organiser Alister Metherell (PAPO)

PARTICIPATING...

I was uncertain about what to expect from the Controllers' Clinic when I arrived, but after two days of classroom instruction and fieldwork at Rabbit Island and Waimea College grounds, I realised there was a lot to learn.

Our teacher, Alister Metherell, covered a vast range of information, from health and safety to what is required for a beginner's white course.

However, it was the historical scenarios and strange one-offs that really built a picture of what is needed to organise an event, from club level to larger A-level gatherings.

I was really pleased to learn so much over the weekend, but I now see that getting involved and helping will greatly enhance my orienteering experience and contribute to maintaining these incredible events.

Andrew Upsall



ROGAINING

The ONZ website describes Rogaining as:

"Rogaining is a cousin of orienteering and a popular cross-country navigation sport known for being team-focused, inclusive, adventurous and family-friendly. Rogaines have some variation in how they are presented, but the basics are always the same."

Rogaining is a sport where teams use a map and compass to visit as many checkpoints as possible in a set time limit. Teams can choose which checkpoints to visit and in which order. Each checkpoint is worth a certain number of points and you lose points for finishing late. The team with the most points is the winner.

Rogaines are commonly set up with some checkpoints near the start that are easier to get to, and some points that are very far from the start and require high degrees of skill and fitness to get to. This means that one event can accommodate both new orienteers and elite athletes at the same time."

www.orienteering.org.nz



WILY WEKA 2025

Wily Weka is Nelson Orienteering Club's primary fundraiser for the year. Planner and controller for this year's Wily Weka were Dave Quested and Darron Jones, held at Cable Bay Adventure Park in Hira, just north of Nelson.

The three stories below provide insight into the similarities and differences between three generations of orienteers/adventure racers as they prepare for and tackle a 6-hour rogaine in very hilly terrain.



Darron Jones and Dave Quested, with some down-time during Wily Weka



opportunities to connect the off-track controls with straighter lines through the bush, rather than sticking to the tracks. Based on that, we planned an adventurous route with plenty of shortcuts through the bush, aiming to cover most of the map, visit the trickier controls, and challenge our navigation in the bush.

Thanks to some excellent compass work by Finn and quite a bit of "swimming" through wet bush, we managed to pull off our plan with a few minor adjustments. There were definitely moments up the back of the course where it felt like we were in a much more remote location! We did not see many other teams, so it felt very much like we were on our own adventure. Navigating through the bush and trusting our instincts until the terrain features became clear made for a rewarding day out. It was a nice bonus to finish near the top of the results sheet, even though team "Stallion and cattle egret" pipped us by one control!

Huge thanks to the entire organising team for putting on another fantastic Wily Weka.

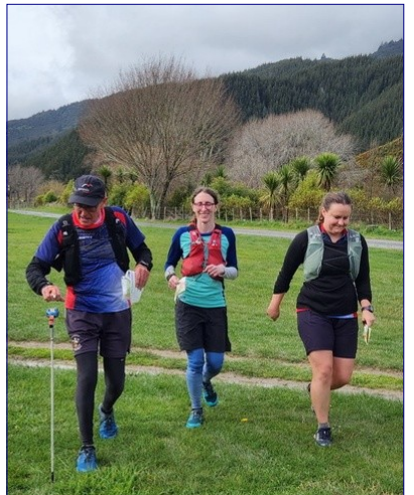
Roland Eveleens (TEAM Finn Roland, 5:54:30 2500 (1st OM, 2nd overall))

TEAM GAVIN & JANE

Waking up to a drizzly grey morning didn't suppress my enthusiasm for the day's adventure, the Nelson Orienteering Club's 6-hour Wily Weka Rogaine, being held at Cable Bay Adventure Park this year. After receiving the map and plotting our route for the day, we went to the

TEAM FINN ROLAND

'Direct lines' was the theme of Finn (Drummond) and my Wily Weka this year. Knowing the terrain on offer in Cable Bay Adventure Park and that Dave and Darron were planning the course, we knew we would be treated to challenging and engaging route choices. Once we received the map, it became clear that there were numerous



Team Malthi (3-hours) arriving at the Finish.



Preparing the optimum route to take...

briefing where Darron made it very clear it was going to be slippery, wet, and even more slippery — oh, and lots of up and down! We set off feeling great and immediately missed our first control of the day, oh well, we'll get that one later.

We decided to go anti-clockwise around the map, trying to minimise too much up and down. We were pleasantly surprised when going for the controls in the bush that it was not too slippery and the bush was fairly easy to push through. As we got higher around the course, the temperature definitely dropped, and the cloud level lowered. We dropped down the MTB trail 'The Poacher', agreeing that it would definitely be one



NOT to do on our bikes! Then we got a couple more controls before toiling right back up to the tops on Courthouse and Gamble Trails: these were a bit slippery, but with a bit of trail gymnastics, the top was finally conquered.

All downhill from here, well, that was the theory anyway. The sun came out towards the end, which was lovely. A final run around the flat area, swooping up the controls on the flat, a couple of dips in the river to reach the controls on the other side, followed by a sprint to the Finish: that last part might be a bit of an exaggeration, more of a shuffle to the finish!

What an excellent day spent in the lovely native bush and amazing trails that make up Cable Bay Adventure Park. Dave and Darron designed a fantastic rogaie course with controls in interesting places and well spread. Thank you for a most excellent adventure!

Jane Lambert (TEAM Gavin and Jane 5:43:15 2160 points (1st Veterans, 9th overall))

TEAM 'STALLION AND CATTLE EGRET'

With the Wiley Weka back at Cable Bay, we were very excited to race. Both Hannah Roborgh and I (Louie Burger) are part of the Motueka High Adventure Racing Team, and we have been doing the Wiley Weka the last few years in smaller groups as navigation training for our races towards the end of the year.

First impressions on the map were that it was quite short in distance, but with plenty of elevation and off-track travel. In planning, we realised it was pretty 'unclearable'. We chose to take on the course in a clockwise direction with our initial planned route only dropping a couple of CPs in the very middle but leaving heaps of room and option to drop controls later in the piece.

Our pace never felt super hard, and we focused more on hitting each control well than running lots. The course had a cool variety of CPs, and we found the bush to be a nice level of difficulty (relatively fast-moving but still some fun bush bashing).

To fuel, I took quite a few gels and lollies. I have been enjoying eating quite sweet stuff in shorter races recently. Hannah had a range of high-energy snack bars and some gels. I found myself generally eating as much as possible or, at a very minimum, one 'thing' an hour.

Towards the end of the course, we kept a close eye on the time and realised that we might have to drop a few controls towards the end. Pretty happy with our on-the-fly rerouting, we had a route only missing a few small points with about an hour and fifty minutes to go.

We increased the intensity a bit, but it never felt like we didn't have the time to pause and look at the map. Once we hit the flats, we had a bit of time to spare, so we were able to grab 100 points from some close-by controls at the start of the valley. Upon reflection, our worst mistake was missing a 40-pointer that was very close, as we thought time was very tight.

When we got in, we were very surprised (but stoked!) to see we were in first. A massive thanks to the Nelson Orienteering Club and the Cable Bay Adventure Park. We are so lucky to have such an awesome event in our area!

Louie Burger (TEAM 'Stallion and cattle egret' 5:57:07 2540 points (1st JX, 1st overall 6-hour teams))



The winning team, crossing the river

ORIENTEERING IN EUROPE 2025

This past summer, a large group of Nelson Orienteering Club members travelled to Europe to compete in various events, most of which were at an international level. In the previous newsletter, Zefa and Tide Fa'avae shared their experiences in Europe (Jukola, WC1, WOC2025, and JWOC, respectively). This edition features stories from Eddie Swain, Lani Murray, and brothers Riley & Leo Croxford.

EDDIE SWAIN (JUKOLA & JWOC)



Eddie recovering on the bike.
Photographer unknown.

As some of you may know, my Junior World Orienteering Championships (JWOC) experience was quite unique. I travelled to Europe a month before the competition to acclimatise to the conditions. Everything was going very well, and I felt I was in excellent shape when leaving Switzerland for Finland, my final stop before JWOC.

In this Nordic country, I ran the Jukola relay on the first leg with fellow NOC member Zefa Fa'avae. It was a fantastic experience for the first five minutes, but then I went off a cliff and tore a ligament in my ankle upon landing. One thing I noticed about the organisation was that the number of staff at Jukola was greater than I had ever seen; there were at least twenty people providing first aid around the course who helped me leave the map and get treatment, as I could not walk.

JWOC

After Jukola, participating in JWOC seemed unlikely due to my ankle's condition. After missing my flight to Italy to stay in Finland for medical reasons, I was cleared to run one or two races at my own risk, provided my ankle felt good enough.

Being me, I chose to run the Long distance to get the most bang for my buck. I figured Long distance was my best chance for a good result, given I have been in this position before and know that you maintain some strength but not speed. I could keep some fitness as I hired a bike in Italy and did a six-day cycling camp in the Dolomites while everyone else trained orienteering during the pre-JWOC week.

JWOC-LONG

When it came to the race, I was very relaxed and mainly praying for my ankle rather than focusing on navigation in the lead-up days. The terrain looked very challenging, so I decided to adopt a very defensive approach by compensating for my lack of speed with very precise navigation.

During the race, I made sure to stop frequently to ensure I was perfectly on course with the navigation. The navigation was successful; however, I did lose two minutes at the end due to injuring my ankle at the top of the final downhill.

I was on the verge of giving up, but as soon as I got up and started walking towards the finish, the guy with the follow camera came right behind me, forcing me to start limping as fast as I could. In the end, it was almost a miracle that I made it around the course, and I was so grateful that I did not injure myself badly again during that race. I was very pleased with my performance under these circumstances, especially since it was technically I had my best long-distance run after no training for two weeks. This performance placed me 42nd.



Eddie Swain, during JWOC Long before Finish chute. Photo by Kieran Woods.

REFLECTIONS

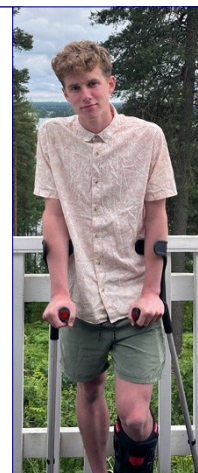
We received excellent coaching from Brianna Steven and Tane Cambridge. Team manager Kieran did a fantastic job; his support in my situation made everything much easier. Also, a big thank you to my parents for their constant support; my success is a product of their hard work.

Eddie Swain



"I am incredibly grateful to have attended JWOC 2025, even though things did not go as planned. Despite the setback, it was still a special week with great people."

Eddie Swain



Forest Relay, with Eddie starting as the first runner, in a team with Riley Croxford (fellow NOC) and Sam Carryer (AOC). Photo by IppisWeb

RILEY CROXFORD (JWOC)

This year's JWOC was held in the beautiful town of Baselga di Pine, Trento, in Italy. Along with the rest of the team, I travelled to the mountainous area one week before the event. During this week, we travelled to relevant terrain, performing specific training in order to better understand the challenges that we would face in the competition.

SPRINT RELAY AND SPRINT

The first event was the Sprint Relay set in the town of Levico Terme. On the day of the race, temperatures peaked at over 35°C, the hottest day of the trip so far! I had a clean run and loved running around the course.

The next day was the Sprint, around the town of Cembra. I did not have very high expectations for this race, so I just went out and gave it my best shot.

Riley Croxford, Sprint in Cembra.

Photo by Eszter Kocsik



The course consisted of numerous short controls, interspersed with longer legs featuring complex route choices. I had a clean but slow race. The highlight of the race was watching teammate Jake McLellan finish in seventh position!



Riley during JWOC - Long. Photo by Eszter Kocsik

Coming into the finish after 90 minutes of running felt like such a relief. I was very happy with my run as I managed to improve on the past two years.

MIDDLE DISTANCE

The last two races were in a forest called Laghestal, near the village of Baselga di Pine. The first event was the Middle. I was the last starter of the NZ team, starting at 1:51 pm, almost 5 hours after the first start. I was very nervous before this race, as it was the one I was looking forward to the most. I started the race quite conservatively, trying to pick my way through the controls with minimal time loss. However, this was not the case.



Already after twelve minutes of running, I was over four minutes behind. During the following long leg, I tried to take a sneaky route through some medium green. The medium green turned out to be a very large patch of blackberry that was almost impenetrable. I spent a long time trying to find a route through, but had no luck. I ended up going all the way around and coming at the control from the opposite direction. By this point, I knew my race was over, so I slowly made my way around the rest of the course.

RELAY

The last competition was the relay. I was running the second leg in the second New Zealand men's team, with team- and club mate Eddie Swain on the first leg. Eddie had a strong run and passed over to me alongside the Australian teams. I managed to get around the course but made quite a few mistakes. I handed off to Sam Carryer, who had another strong run for our team.

*"Many thanks to the coaches and manager who supported the team at the races,
as well as preparing the team beforehand.*

Thank you to my fellow teammates and competitors for a fair competition.

Most importantly, a big thank you to my family - Mum, Dad, and Leo!"

Riley Croxford

LOOKING BACK...

Although I was not that happy with my overall performance at JWOC this year, the experiences and skills learnt are invaluable. After JWOC, I travelled to Finland to watch the NZ athletes run at WOC and then to Czechia to watch Leo compete at EYOC and support the team. After a final detour to Sweden to compete at O-Ringen, I made my way home.

Riley Croxford



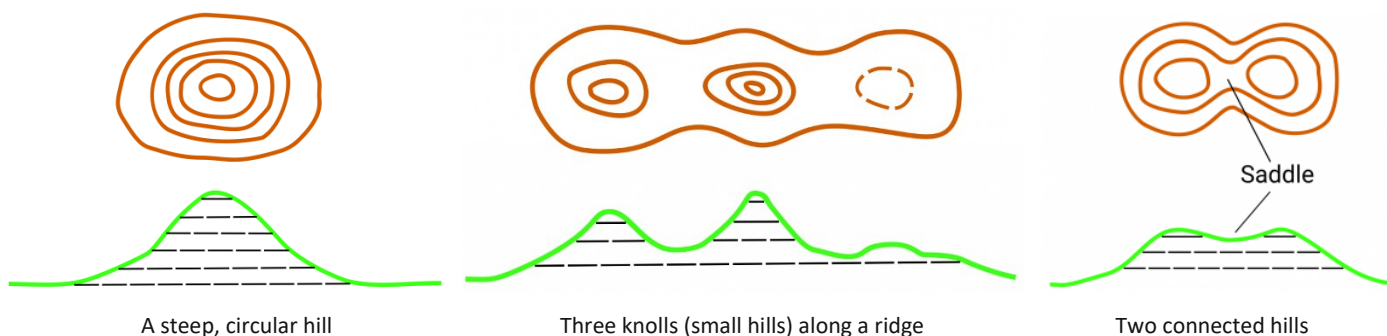
Riley Croxford finishing the
first leg of the Forest Relay
Photo by IppisWeb

ORIENTEERING - COUNTOURS

WHAT ARE CONTOURS?

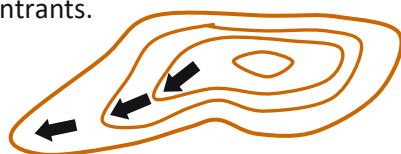
Contour lines (also known as 'contours') are imaginary lines connecting places of the same elevation. They show the shape of the landscape: three-dimensional objects (like hills, mountains, and valleys) on a two-dimensional map.

On an orienteering map, the shape of the terrain is shown by means of contours, aided by special symbols for small knolls and depressions. Contour lines close together indicate steep slopes; contour lines a long way apart indicate gentle slopes. The three examples below show (in brown) the contour lines you would see on a map for the actual features shown below.



MORE LANDFORMS

The examples above illustrate three important landforms: hills, knolls, and saddles. Additional landforms include spurs and re-entrants.



Spur

A spur is the opposite of a re-entrant: it looks like a long, narrow tongue of contour lines, dropping away from a hilltop or a ridge. Its sides can be quite steep, but its top will slope gently downwards.

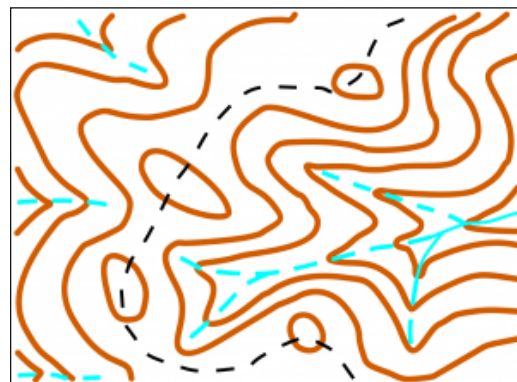


Re-entrant

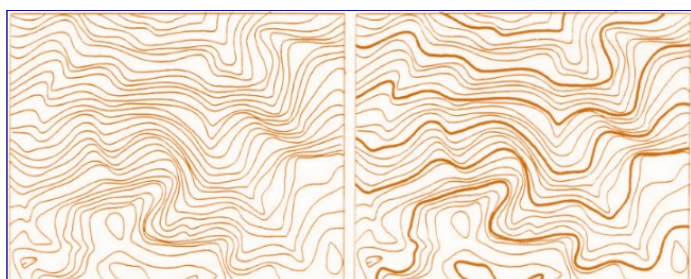
A re-entrant appears on the map as a U or V shape in the contour lines, pointing back into a hillside. It is a small valley, the centre of which could collect water and funnel it downhill in excess rain

The example on the right displays quite a complex terrain. Can you identify the ridgeline with four small hills on top, along which a track running along the top of the ridgeline? There are a series of gullies (re-entrants) on both the western and eastern sides of the ridgeline. On the eastern side, a network of four gullies drains into a larger valley.

To practise 'reading' contours on a map and comparing these in real life, [this link](#) on orienteering-sport.com can be helpful, with exercises with increasing levels of difficulty.



INDEX CONTOURS AND CONTOUR INTERVALS



Index contours are bold or thicker lines that appear at every fifth contour line, and are used to make the map simpler to read: this is demonstrated in the image on the left.

The height difference between contour lines is known as the contour *interval*. This interval is standardised,

depends on the type of landscape, and is indicated on each orienteering map. Often used values are 2.5, 5, or 10 meters.

UP OR DOWN?

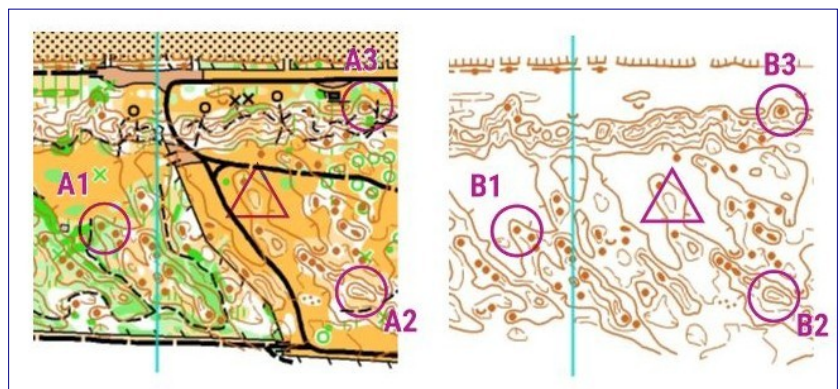
One way to make sense of the many contours on the map is to locate a high point or a low point, and follow the contours from there. Here are some tips:

- Search for closed loop contours that show hilltops. These mark the highest points in the landscape.
- Re-entrants cut into the hill, and tend to have a sharp 'V' shape.
- Larger re-entrants and valleys might have a watercourse (blue line) mapped in them. Watercourses progressively join each other, forming a 'blue' network as they move to lower country. Large watercourses and rivers are located *in the lowest part* of the countryside.

NOC CLUB TRAINING

Sunday 17 August Darren Ashmore organised a self-guided training course at Rabbit Island, focusing exclusively on contour lines. Darren provided a map that displayed only the controls and contours; aside from the roads on the Orange course, all other features were omitted from the map. With only contours to rely on, they became much easier to read, even amid the confusing sand dunes of Rabbit Island.

Although just an exercise, the thrill of finding the control exactly where you expect it to be – brilliant!



"Simplifying 'the map' really helps your orienteering!"

Darren Ashmore

ISOM 2017 SYMBOLS: LANDFORMS

ISOM- no	Symbol	In words	Description
101		Contour	A line joining points of equal height. The standard vertical interval between contours is 5 m. A contour interval of 2.5 m may be used for flat terrains.
102		Index contour	Every fifth contour is drawn with a thicker line. This is an aid to the quick assessment of height difference and the overall shape of the terrain surface.
103		Form line	Used where more information must be given about the shape of the ground. Form lines are added only where representation would be incomplete with ordinary contours.
109		Knoll	An obvious mound or knoll which cannot be drawn to scale with a contour.
111		Small depression	A small depression or hollow without steep sides that is too small to be shown by contours.
113		Broken ground	An area of pits and / or knolls which is too intricate to be shown in detail, or other types of rough and uneven ground that is clearly distinguishable but has little impact on runnability.

LEO CROXFORD (EYOC)

The European Youth Orienteering Championship (EYOC) this year took place in Brno, Czechia. It is the second largest city in the country after Prague, with a population of over 400,000. The climate was rather warm for the most part, usually being around mid-20s degrees Celsius. The competition was held from the 17th to the 20th of July, with the NZ team conducting some training sessions in the three days prior.

The biggest challenge for me, before and during EYOC, was having a case of Immune Thrombocytopenia (ITP, my bruising problem), which causes my blood to clot very slowly. It also makes me really tired, and I am prone to bruising. I was only just beginning to recover from this as I started my races.

This flare-up took a significant toll on my body, as I was not able to perform at my full capability.

EYOC MODEL AND ACTUAL LONG

Thursday, we had the model Long, which gave us an insight into the terrain, mapping techniques, and control sites. After an hour walking/jogging around the map, we got an idea for what to expect the day after. Some standout features were the rides, vegetation boundaries, open ground, and rock features.



Riley Croxford during the Long distance event at EYOC. Photo by Jan Racek.

The next day was the actual long race. I started in the first out of four start blocks, which would be cooler, but had far less 'tracking' than later start blocks. The weather was to my liking as it started raining while I was out there, but the harsh terrain took a lot out of me.

My M18 course length was 6.5 kilometres with 480 metres of climb, which is more than 13% of climb compared to distance.

After tackling a tough, long third control, most of the course's climb followed afterwards.

For at least the last third of the course, there was about 250 metres of climb left (top right corner of the map in the forest), which was unimaginable slow-going and exhausting. I ended up beating six people.





Leo Croxford during the Sprint. Photo by Eszter Kocsik.

EYOC SPRINT

The next day was the sprint (3.3 kilometres with a 40 metre climb), where again I started in the first start block. The map was quite technical to begin with, and constant map contact was necessary; this played to my strengths, as my strength is technical courses. There was then a long leg across a railway with multiple route choice options.

The course's ending was primarily flat, challenging you to use whatever energy you had left. I was pretty happy with my run, apart from one or two small route choice errors and a lack of speed at the end of my run. I beat eight people in total.

EYOC RELAY

Sunday, the last day of EYOC, was the relay, going back to the same map as the long, but this time we were luckily running on the top of the hill. This time we had a course length of 5.5 kilometres and a 110 metre climb. The course was much more technical, and it was pretty much 50% in white and 50% in either light or medium green. I was in a composite team with a Czech runner on the first leg and a Turkish runner on the third leg.

Although I was already very tired from the week of orienteering/training leading up to it, I ended up running rather well. I felt pretty slow throughout, but my navigation was better than most others. This time, I came back and beat thirty-two others in terms of leg time, with all legs included.

FRIENDSHIPS AND HAIRCUTS

On the evening of the Long event, we had the opening ceremony and friendship party, which was such a good gathering. The New Zealand team dressed up in pairs as colours of the rainbow, and we all got many compliments and laughs from a lot of people throughout the party.



Leo discussing his race with brother Riley.

Photo by Kathryn Chrystal

I absolutely loved the whole vibe and experience of EYOC. I met and made friends with people from many different countries, and even let a couple of Norwegians give me a haircut (big mistake). I am looking forward to seeing many of them on possible future trips to Europe.

By the end of the Relay, I was running around trying to say goodbye to all the friends I had made before leaving for O-Ringen that same day.

Leo Croxford



"I was disappointed to get my ITP the week before EYOC, but ultimately, considering the whole experience, learning, and fun I had while there, it did not seem to bother me much in the end."

Leo Croxford

LANI MURRAY (EYOC)

What an experience to orienteer in Europe. First off, Mum and I arrived to catch the end of the JWOC competition and were able to fit in three public races in Trento, Italy.



Lani Murray during the EYOC Sprint - unknown photographer.

ITALY - VISITING JWOC

It was cool to see fellow NOC competitors racing in JWOC and to experience the hype of the event centre. The actual courses were a bit disappointing, as there were so many tracks, paths, and roads that it would have been hard to get lost (but Mum managed it)! It was more like a yellow/orange, but it felt like running inside an oven due to the heat. However, Mum experienced hail once, as she had a late start on the last day!

I was pleased with my races as I was competitive and came away with solid placings compared to other NZ athletes.

CZECHIA - EYOC

After an amazing ten days seeing friends and family, I then travelled to Brno, Czechia, to compete for New Zealand at the European Youth Orienteering Championships (EYOC). I was one of only four girls selected in the W18 grade to represent New Zealand.

After four days of practice events, the competition started in 30-plus degree heat, with the Long Distance event at Babice nad Svitavou, a forested area 20 minutes' drive from Brno. There were over 100 athletes per grade, and I was pleased to have a clean run, but I was no match for the speed of the European athletes on the steep hills over the five km distance (but did beat three out of the four Aussies!).

The second day saw the event shift to the urban environment of Brno for the Sprint at Sadová, Kociánka. This Sprint map had a technical leg that caught me out, as all I saw was red out-of-bounds, and it cost me a bit of time. I was 3 minutes and 50 seconds down on the winner, but did claim the 10th fastest run-in on the tight downhill finish chute.

EYOC - RELAY

The last event was the Relay, with all countries having only one official team of three, while their fourth athlete was in a composite team. I was selected to run in the NZ team as the second runner.

After a long wait in the starting box, I was tagged in 26th place near the back of the field. This course proved to be like a middle-distance event and played to my technical strengths in the forest. I was really pleased with my race; catching an Aussie competitor partway through was a confidence booster, as she had left several minutes before me. I had another clean run and overtook eleven athletes to tag Zara, my 3rd leg runner, in 15th place. She gained three more places to finish 12th overall. This was the best of the New Zealand teams' results for the Relays.

I would totally recommend EYOC for any up-and-coming orienteer, as a great introduction to European orienteering and a stepping-stone to JWOC.

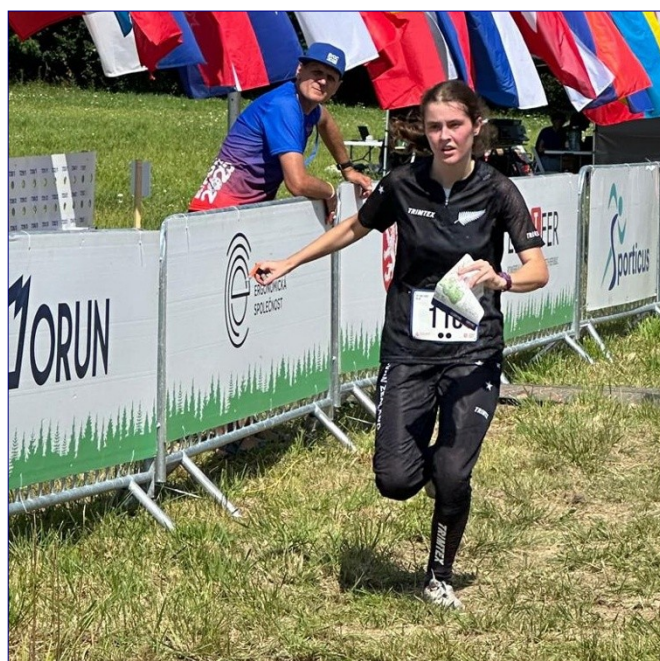
Thanks to NOC, Trash Palace, and home & school for their support.

Lani Murray



Photo above: Lani during a very steep part of the Long (by Eszter Kocsik)

Photo below: Lani finishing during the Relay (by Ruth).



Kaihoka Lakes race during KB2024,

Photo by Daniel Penney



GOLDEN BAY REVISITED

AMAZING LOCATIONS

Nelson Orienteering Club invites all orienteers to celebrate top-quality orienteering on the South Island of New Zealand. Would you like to revisit those stunning locations from King's Birthday 2024? Did you miss out on, and wished had been there?

Alternatively, suppose you would like some extra training or want to test your navigation gear for an upcoming epic adventure race. In that case, this is your chance – or just an excellent opportunity for a mini-vacation in November:

- Saturday 22/11/25: Canaan Downs, Takaka Hill, OY-5
- Sunday 23/11/25: Kaihoka Lakes, Golden Bay, OY-6

The team of planners and officials aims to offer challenging courses in one of the most beautiful parts of this already breathtaking country: Golden Bay, located off the beaten path, just one bay over from Nelson.

Golden Bay is a coastal area bordered by two national parks – Kahurangi National Park in the southwest and Abel Tasman National Park in the northeast. This Bay is renowned for its natural beauty and diverse range of outdoor activities, including safe swimming on golden beaches, rock climbing, fishing, kayaking, and more. The main town, Takaka, is known for its alternative lifestyle, arts and crafts, galleries, shops, and relaxed country vibe.

Golden Bay is approximately a two-hour drive from Nelson Airport and has its own airport, offering direct flights to and from Wellington.

For more information and registration, please visit the [Golden Bay Revisited website](https://www.entero.co.nz): registration via EnterO (www.entero.co.nz)

Nelson Orienteering Club, noc.org.nz
Secretary Katie Malthus
noc.secretary@gmail.com

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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,
please get in contact with the editor via
noc.promotion@gmail.com
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