



FROM THE PRESIDENT

The club continues to host a diverse range of events. Thanks to all the hard work of the organisers, planners, controllers and on the day volunteers that make these days happen. A special mention to all the helpers at the recent Rabbit Island event that were available to ask questions of before groups headed off into the forest.

NOcturnals

The NOcturnal series of rogaines through the dark months of winter were well attended with some of the biggest attendances for an event of this type for our local orienteering club. I was in town one of these evenings for a prior commitment and it was an awesome sight to look up into the surrounding hills and see groups of lights bouncing around.

Events in the pipeline

Looking forward, the calendar is still looking good. In addition to the Sunday events, we have the Wily Weka rogaine coming up on 6 September, and a MTBO event later that same month.

Over Labour Weekend in October we are hosting, in conjunction with Marlborough Orienteering Club, the Taitonga South Island Orienteering Club Championships on a new Sprint map in Tapawera, with the Middle and Long taking place at also beautiful, always challenging Nelson Lakes: an amazing weekend to recharge!

Richard Dunn,
President Nelson Orienteering Club

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- Participating in the upcoming Wily Weka and you'd like to receive some sound ideas on how to plan a rogaine? Look no further than page 4.
- Why is rogaining not a French word, and where does it come from? Find the answer on page 5.
- Are you our o-coach over summer? Find more information on page 6.
- If you are young with plenty of energy and great orienteering skills, where do you go? To Europe in our winter of course! Read about Tide and Zefa's adventures, from all over Scandinavia, from page 7 onwards.



Richard Dunn, Club president and impromptu timing volunteer during our latest local orienteering event.

NOC MEMBERSHIP 2026

We invite new members to join Nelson Orienteering Club and for existing members to renew their membership. Membership runs from 1 January to 31 December annually.

Costs

Membership fees for the whole year:

- \$90 for a family
- \$45 for a senior and
- \$30 for a junior.

Becoming a member in the second part of the year will reduce your membership fees by 50%.

If you have been a member in the past few years (of Nelson OC or another orienteering club in NZ) please email Richard Dunn at president.noc@gmail.com to reinstate your membership and receive an invoice.

Intending to join?

Membership has advantages like discounted fees to orienteering events nationwide, skill development opportunities, financial support for representing New Zealand at international level and for juniors access to training camps.

If you are new to orienteering and want to join Nelson Orienteering Club, please go online, and follow the online registration process steps at <https://www.revolutionise.com.au/nelsonoc/registration/>.

2026 NOC EVENTS' CALENDAR, TERM 3 & 4

The most up-to-date [calendar](#) can be found on the NOC website, including links to events organised by other clubs.

Date	Event	Location	Start time	Course Close
Sunday, 6 Sept	Wily Weka—Nelson's Backyard	Hampden School, Nelson	9AM	3PM
Sunday, 20 Sept	MTBO	Silvan Forest MTB Park	10AM	3PM
Sunday, 11 Oct	Local event	Tahuna, Nelson	10AM	2PM
Saturday, 24 Oct— Monday, 26 Oct	Taitonga South Island Regional Championships	Tapawera & Nelson Lakes (organised by NOC and MOC)	1PM	2PM
Friday, 30 Oct	Halloween Vampire Rogaine	tbc		
Sunday, 15 Nov	OY4	Canaan Downs	10AM	3PM
Sunday, 13 Dec	Local event (incl. AGM & Christmas)	Tea Pot Valley		
Monday, 14 Dec— Thursday 17 Dec	Junior Orienteering Camp	Tea Pot Valley		
Friday, 18 Dec— Sunday, 20 Dec	Youth Orienteering Camp	Tea Pot Valley		

EXCHANGE REQUEST

My name is Lada Sobotková and I'm a 16-year-old student from the Czech Republic. I would love to spend a year starting in July 2027 and finishing in June 2028 in New Zealand as an exchange student. During my year in Nelson, I would attend a local high school.

Sporty

I'm a sporty person and I enjoy many different sports, including running, cycling, hiking, soccer and especially orienteering. I compete in orienteering and during my year in New Zealand I would like to continue training with Nelson Orienteering Club. I also have some experience with training children, during winter I used to lead one training session for children each week.

I love spending time in nature. My hobbies include cooking, learning languages, reading, drawing and photography. I'm interested in history and maths. I like travelling, learning about other cultures, meeting people and exploring new places.

Family

I have two older brothers who both spent a year as exchange students in USA. My family hosted several exchange students from different parts of the world (USA, Brazil, Colombia) and I'm very glad that I had the chance to meet these interesting people. Last year we also had an exchange student from Alaska in our school and we became very close friends.

These experiences inspired me to also try to go on such an exchange.

Contact

I'm hoping to find a welcoming host family (or families) where I could spend my year in New Zealand and share my experiences and culture with.

If you are interested or would like more information, please [email me](#).

Thanks in advance,
Lada



Orienteering Competition - age categories

Classes juniors

In formal orienteering competitions, competitors are grouped into classes based on their gender and age. Participants aged 20 or under are allowed to compete in each category until the end of the calendar year in which they reach that age. They may compete in older classes up to and including 21.

Classes seniors

Competitors aged 21 or older are eligible to compete in each class starting from the beginning of the calendar year in which they reach the specified age. They are also entitled to compete in younger classes down to and including 21. Classes at NZOC include: 10, 12, 14, 16, 18, 20, 20, 21 (Open Class), 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90.

Other A-level events

For other A-level events, 10-year age groups may be used for adult classes (21+). These classes can be further divided by skill:

- E (Elite, for 20 and 21 age groups only)
- A classes
- B classes

This indicate varying levels of difficulty.

RECENT NOCTURNAL ROGAINES & UPCOMING WILY WEKA

The past months saw the traditional NOcturnal Rogaine Series, with even higher record-breaking crowds than the already very popular Summer Sprint Series. It is pleasing to note that the vast majority of participants register online, with only a handful requesting a (more expensive) late entry.

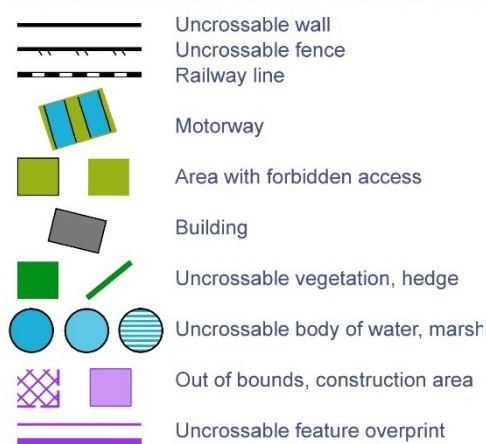
The events highlighted two aspects for general improvement:

- **‘Out-of-bounds’** areas: already discussed previously:
 - Any olive-green areas (often private property) on an orienteering map can not be crossed: you have to go around it!
 - Any areas with pink/purple crosses (out-of-bounds route) or pink-crossed patches (out-of-bounds area)

Following these instructions keeps the competition safe and fair, but equally if not more importantly, it keeps the landlords happy. Happy landlords means we can keep returning to these amazing areas again and again. Be cool, follow the rule!

- How to best setup your original rogaining, including having a **‘halfway and 10-minute-finish strategy’**. The article below is a summary of an [article](#) on the North West Orienteering Club website, written by mister rogaining himself, Geoff Mead. If you are participating in the upcoming Wily Weka and are new to rogaining, the article below could prove to useful.

Do not cross these features!



HINTS AND TIPS ON PLANNING A ROGAINE

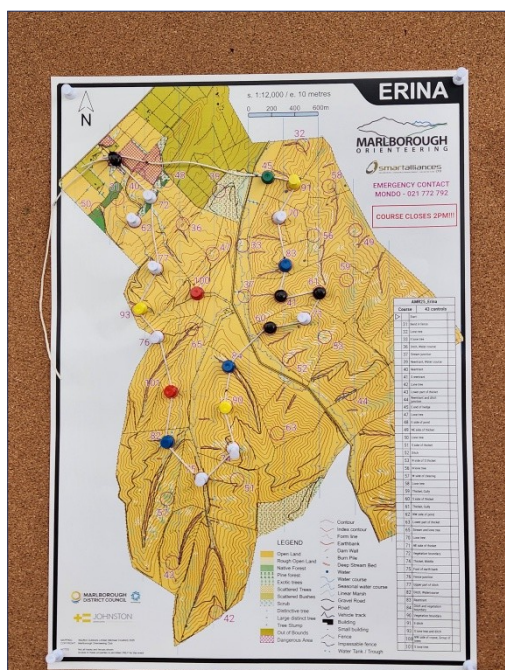
Rogaine is the sport of cross country navigation in which individuals or teams visit as many check points as possible within a given time. Competing in a rogaine will challenge your map reading and navigational skills, while being a great physical workout. It is often a fun and social event, with all participants starting at the same time, and trying to finish around the same time.

A rogaine is different from a traditional orienteering event in that you have to work out what check points to visit and the routes between them to maximize your check point score within the time limit. Competitors are given planning time with the map before the start to plan their route and what check points to visit. Here are some hints and tips to optimise this time.

Know yourself

How fast do you run (or walk) in this type of terrain? You might be faster than in a traditional orienteering event, since 2/3 of rogaine controls are easy or moderate navigation and there is likely to be more people





An example of the 'string' technique: the length of the string is the distance you can move in the allotted time, looped around the planned-to-visit controls.

to "follow" initially. However, how long can you keep this pace up?

What to bring to a rogaine?

- A piece of string that is the length of how many km's (at the map scale) you have calculated you will run within the time limit. For example if your estimated km rate is 10 min/km, then your plan is to cover 18 km in 3 hours. If the map scale is 1:20,000 (1cm on the map = 200m on the ground, so 10cm on the map = 2 km) you'll need 90cm string.
- A highlighter pen.
- A watch (amazing how many people forget one).

Rogaine planning time

On the map look for any "easy clusters" of check points that are close together and easy to connect up (for example no big hills, no dark green bushes, no big river to cross). Highlight these check points. Then use your length of string overlaid on the

map to figure out a route that covers the "easy clusters" of check points and as many other check points as well. Try different options and add up the check point score for each option. Watch out for excessive climb and slow terrain that may destroy your expected mins/km rate of travel.

Fine tune the route

From about the half-way point of your course plan a short way (less check points) back to the finish and a long way back (extra check points) to the finish.

Leave a low value check point (or two) close to the finish "spare". If you are nearing the finish with a minute or two in hand pick up the "spare" check point, if you are out of time miss it out. Ideally you will get to the finish with a few minutes to spare. Don't go over the time limit and suffer penalty points which can run up very quickly. Highlight your planned route on the map.

One km from Finish

Legendary Geoff Mead draws an arc on his map, one km from the Finish. This is to help in the decision making for the last fifteen minutes of the event, when the brain is lacking oxygen and the legs are shot. It is very

easy to wreck a good rogaine score in those last minutes by coming back too early or too late.

Good luck with your next rogaine. For more planning advice, visit the [NZ rogaine association website](http://www.nzrogaine.org.nz).



Rogaine is not French?

When the Molloy family recently raced under the team name 'Rogaine is not a French word', it triggered the question where the name *does* come from. Some digging showed that rogaining evolved from the 24-hour walks held by the Melbourne University Tramping Club. These competitive events were based on tramping-style navigation and walking skills, with everyone seeking the same sequence of checkpoints. Rogaining was a solution to the "follow-the-leader" problem they were getting with large numbers of walkers. The name was devised by **Rod, Gail and Neil Phillips**.

A traditional rogaine is 24 hours in duration but there are also shorter events of 6, 12, and 18 hours. Events with a night section are usually scheduled to coincide with a full moon.

ORIENTEERING IN PARADISE—WELCOME TO TAITONGA SIOC 2026

Nelson and Marlborough Orienteering Clubs invite all orienteers to Te Tau Ihu o te Waka-a-Maui to celebrate high-quality spring orienteering during the A-level 2026 Taitonga South Island Orienteering Championships, Labour Weekend of 24-26 October 2026 in the beautiful Tasman District. We look forward to welcoming fellow orienteers from the South and the North Island of New Zealand, and hopefully also new and old friends from overseas!

[The dedicated website](#) is the best place to be for everything you need to know about Taitonga SIOC2026, and any updates/changes, including information on embargoed areas and Bulletin 1.

Expertise from many clubs

Events this size can only take place with the help of many, many hands. Besides setters and controllers Oliver Egan, Georgia Whitla, Michael Croxford (all NOC) and Stephen Bradley and Catrina Forbes (both MOC), event organiser Richard Clarkson is supported by Fergus O'Neill & Tane Cambridge (PAPO, Sprint), Will Tidswell (HBOC, Long) and Jenni Adams (PAPO, Long) and Carsten Joergensen (PAPO, Middle)

Entries

[Entries are now open](#), with regular pricing ending Friday 2 October at midnight. Avoid the 50% fee increase after this date, open for one more week before entries close. Absolutely NO entries 'on the day'.



ARE YOU OUR COACH THIS SUMMER?

Nelson Orienteering Club are looking for expressions of interest in a part-time orienteering coaching position in Nelson from November to February. An ideal applicant will be between 18 and 30 years of age with significant orienteering experience and good communication skills. The role will include independently delivering in-school sessions to classes of students aged 13-16, as well as wider club training sessions. Scope is flexible depending on funding and applicant availability.

Previous experience with orienteering coaching, such as coaching at Junior Camp, HP Camp, or within your local club would be a bonus. Familiarity with orienteering mapping and course planning software would also be useful. Nelson Orienteering Club will offer a travel and accommodation subsidy; the amount will depend on the final scope of the programme.

Please contact [Scott Smith](#) (scottsmithnz99@gmail.com) with any questions or to register your expression of interest.



OVER THE EUROPEAN SUMMER ...

JWOC, WOC, EYOC, and many more OCs...

Over the European summer, many of the big international orienteering events take place, nearly always exclusively in Europe...

Antipodean NOC members Zefa and Tide Fa'avae spend time with o-friends on the northern hemisphere, participating in a variety of orienteering championships - their stories can be read below.

ZEFA FA'AVEA'S EUROPEAN SUMMER...



Zefa in action during round 2 of the Orienteering Cup 2026. Unknown photographer

Sweden—WC Round 2

"First up was the World Cup in Skara – Lidköping, Sweden, 28-31 May 2026, my first ever Sprint World Cup. The courses were fast, packed with artificial barriers, and super technical. In the Sprint Knock-Out I had a solid race, missing out for qualification by just 9 seconds.

I was happy with my sprint race too, finishing 54th (135 participants in total) in a time of 15.48, 91 seconds after Norwegian winner Kasper Fosser.

Jukola

Next up was Finland for Jukola. The atmosphere was unreal, with over 1,500 teams in my race, thousands of runners, and huge

crowds of spectators. I ran the 6th leg for Farum-Tisvilde OK, and we finished 10th overall. It was pretty cool to be part of such a strong team and race in one of the biggest relay events in the world.

Knockout sprint during World Cups

The Knockout sprint starts with a qualification race in three heats in the morning. The twelve best athletes in each heat will qualify for the KO-finals. The elimination rounds consist of six quarterfinals, three semi-finals and one final per class with six runners in each heat. The top three from each heat of the quarterfinal and the top two from each heat of the semi-final qualify for the next round.

Interestingly, for all rounds the courses *may* incorporate forking or splitting systems: forking, no forking, or Course Choice Model, where each athlete picks one of three options. There is no announcement in advance about which method is used in which round.

Given that these races last around 8 minutes each, that is an awful lot of super-fast decision making under pressure!

Jukola & Venla

The Jukola Relay is the biggest orienteering male-only night relay race in the world, held annually since 1949 in Finland. The names are family names in the classic 1870 Finnish novel, "Seven Brothers" by Aleksis Kivi's.

The Jukola relay has seven legs with varying distances, and a starting time around 11 pm when sun sets in summer. The winning team crosses the finishing line early on Sunday morning, and the last teams finish just before the finish is closed in the afternoon. Women can participate in the Jukola relay, but only in non-official teams. This is a race that sincerely tests resilience. There is a separate women's relay, known as the Venla Relay, running as a daytime relay.

During the 2026 edition of Jukola, seven NZ men competed as part of a Scandinavian Orienteering Club. Overall tenth placed Farum-Tisvilde OK-1 had kiwis Felix Hunt (leg 5, 50th placed) and Zefa Fa'avae (leg 7, 42nd) in their team. Fellow NOC-er Toby Scott (leg 7, 41st) ran for IL Tyrving-2, which ended 26th overall. Overall best performing kiwi was Tim Robertson, 25th place on leg 5 for his team Koovee-1, which ended on the 12th overall place.

ZEFA FA'AVEA'S EUROPEAN SUMMER...(2)

O-Festivalen

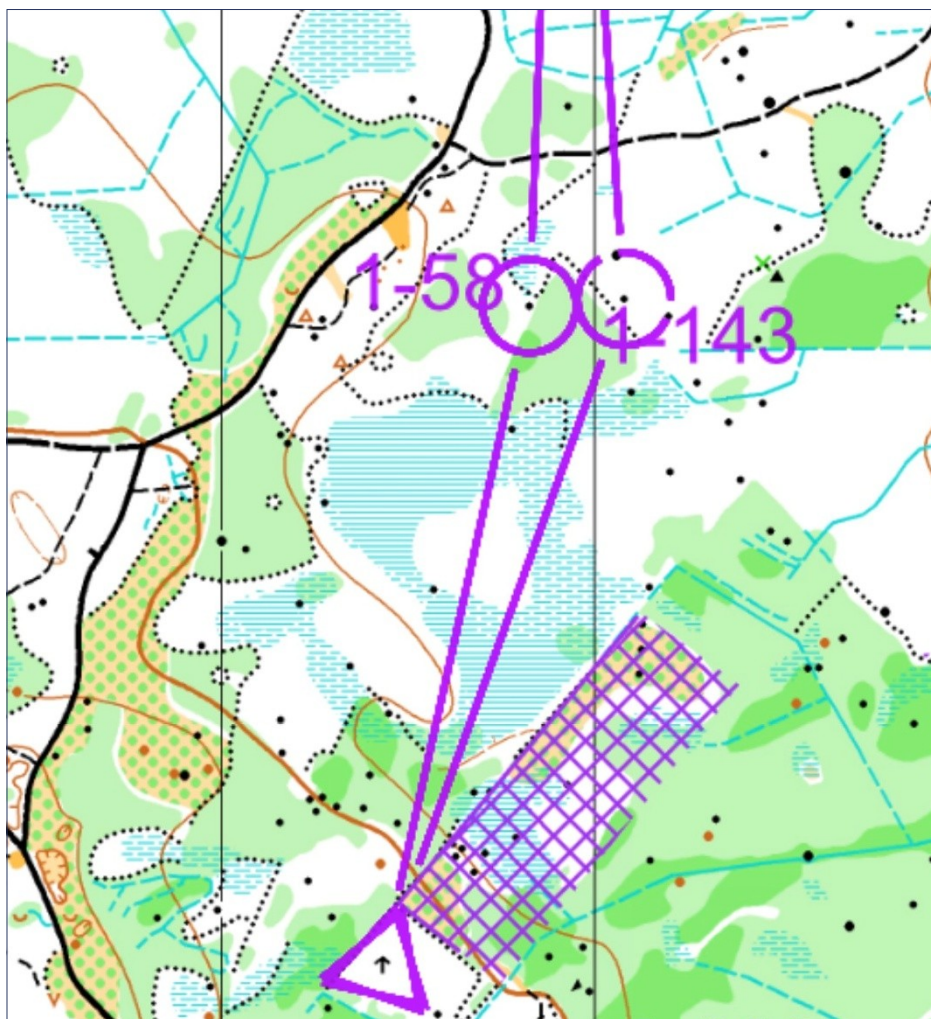
I wrapped up the trip at O-Festivalen in Norway, racing in H21E. The terrain was tough and physical, and after a few weeks of racing around Scandinavia I was definitely feeling it. I managed a solid middle race to finish 9th, which was a nice way to end my trip.

Steep learning curve

A huge thank you to Nelson Orienteering for your ongoing support. Racing through Sweden, Finland and Norway against some of the best orienteers in the world has been an unreal experience, and I've learnt a lot that I'll take into the future."

What would you do?

The map fragment on the right shows Zefa's first leg of his Jukola race. He shares: *"My hardest leg this race was definitely the approach to the first control, because there weren't enough features to go on."* How would you have approached this control?



TIDE FA'AVEA'S EUROPEAN SUMMER...



Tide and friends during JWOC2026.
Unknown photographer.

Zefa's sister Tide was also active in Europe during the international orienteering championship season, participating in JWOC for the second and last time, followed by Swiss O-week. The Junior World Orienteering Championships were held in Karlskrona, Sweden, from 29 June till 4 July 2026. Trossö, the historic centre of Karlskrona and part of the UNESCO World Heritage Site, offered a unique blend of naval history, charming streets, open squares, and intricate urban terrain – a perfect setting for sprint orienteering.

In Tide's words: *"JWOC 2026 was such a fun, action-packed week for me. The team was awesome, and we had lots of laughs. Race-wise I was happy with three out of my five races."*

Starting with the sprint on the first day, we were running around Karlskrona. It was technically easier than we had anticipated, which made for a lot of straight running. The map was cool, classic European town sprint. Little alleyways and cool buildings. I ended 96th out of a grant total of 150 participants.



During JWOC's forest orienteering. Official JWOC photo by unknown photographer.

The next day, the Sprint relay was exciting as always. I ran first for our third team and had a good run. It was so chaotic with everyone sprinting and darting around corners, and there were definitely a couple of collisions.



The whole 2026 JWOC delegation from New Zealand. Unknown photographer.

The long distance one day later was quite the journey through some awesome Swedish terrain. I was disappointed with my race, as I made multiple large errors throughout. You just needed to trust your bearing and keep in contact with the map at all times, which is mentally difficult for that long. I ended 64th, again out of 150 participants.

We then had a rest day to let our bodies recover a little.

The Middle distance is a sensitive one for me. I stuffed number 1, managed to lock back in, and ran well until 12. At 12, I jumped to 14 and was trying to navigate to 15. No surprises, it didn't make

sense. I wasted a lot of time before finding 14 and thinking I had saved myself from mispunching before continuing. In this mind explosion, I skipped 13, resulting in a mispunch (mp).

The Forest relay was held on the same map as the Middle. I was the middle runner in a team of Rachel Baker and Phoebe Hunt. Rachel handed over to me in 18th place. I went out, made two small errors, but had a great run and brought us in at 7th before handing over to Phoebe.

We came 8th overall, which is awesome and full circle moment from my first JWOC, where Kaia, Zara, and I got 8th as well.

I was stoked to have such an awesome team around me as I raced my last JWOC. More adventures ahead at Swiss O week for another week of racing before heading back to uni.

Tide Fa'avae



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Secretary Katie Malthus
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This NOC newsletter tries to appear bi-monthly,
on / near the last day of the month,
starting in January, unfortunately depending on
availability of input and time..

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

