

## November News

Kia ora,

It has been relatively quiet on the local O-front, but there has been a lot of action out of the region. Read below for some outstanding performances from our club-members, most notably Zefa Fa'avae demonstrating that he is one of the top junior orienteers in the world! It is simply fantastic to see our juniors doing so well, testament to the amazing support they have had in recent years. A visionary pathway set by Michael Croxford now coming to fruition.

There are a couple of events left before we see the end of the year - namely the Fare-The-Well Rogaine in Golden Bay and our AGM/End Of Year event, details below. The End Of Year event will be family friendly so bring along a picnic and chat all things O with friends.

We are starting to plan 2023, if you are interested in being involved more directly with club activities then please reach out to me - we are often constrained by our volunteer base, so if you would like to see more orienteering/rogaining happening then step up and plan a course or help with coordinating events. Being part of an event team is super fun and you have creative freedom to deliver an event how you want. I always find the process extremely rewarding and helps to improve your own orienteering skills.

Take CARE (Control, Attack point, Route choice, Exit direction - an acronym for breaking down each leg on a course),  
Matt O



## Upcoming Events

See our [Events](#) or [Facebook](#) pages for all of our upcoming events and details. We endeavour to keep all details up to date, but please let us know if you have any questions or see any discrepancies.

- 19th November - NZ Rogaining Champs, Te Anau
  - 3, 6, 24 hour options.
  - [Pre-entry](#) required, entries close November 16th.
  - Further details can be found [here](#).
- 19-20th November - NZ MTBO champs, Rotorua
  - Long and middle.
  - [Pre-entry](#) required, entries close November 13th.
  - Further details can be found [here](#).
- 3rd December - Fare-The-Well Rogaine
  - 3hr or 2hr Rogaine Farewell Spit, Golden Bay
  - Pre-entry guarantees a map.
  - Further details can be found [here](#).
- 11th December - AGM and End of Year Event, Garin College
  - Sprint event around Garin College and Saxton Fields
  - AGM shortly after 12:30 pm.
  - Have a picnic after the event!
  - Further details can be found [here](#).



- 2023
  - January 28-30th South Island Champs, Nelson - website launching very soon.
  - February 4th-6th Southern O Week, Christchurch.
  - Stay posted for more events in 2023 (Summer Sprints kicking off mid February).

### **NOC Committee 2022**

Thank you to the committee members (see below) who have given up their time to ensure the club has run successfully this year. Some highlights the committee has achieved this year include overseeing NZOC2022, purchasing the new trailer which replaces the dilapidated one we were using, and getting this monthly newsletter up and running. The AGM will be held on 11th December, if you believe you have some skills that would benefit the committee, come along to the AGM or get in touch ([president.noc@gmail.com](mailto:president.noc@gmail.com)).

**Michael**  
(Mapping)

**Fleur**  
(Captain)

**Amelia**  
(Comms)

**Daniel**  
(Secretary)

**Richard**  
(Membership)

**Robert**  
(Treasurer)

**Matt O**  
(President)

**Nelson**  
Nelson Orienteering Club

**NOC Committee**  
**2022**



*New NOC trailer - sign writing still to be completed. Thanks to David for all his hard work supporting this project.*

## News

- **Hillary Challenge**

Congratulations to all students from Motueka High School and Golden Bay high School who competed at Hillary Challenge national champs. Motueka High took out first place and Golden Bay placed 11th overall. The challenge included a two day rogaine in Tongariro National Park, check out the [map](#) - what would your route be for the two days?

- **Northern Regional Champs**

A small contingent from Nelson Orienteering Club travelled up to Auckland for the Northern Orienteering Champs. Day 1 and 2 were multi-day distance events and day 3 was a chasing start. Matt Ogden and Zefa Fa'avae dominated the M21E field, placing 1st and 2nd respectively at the end of day 3.



*Leg 3-4 from Day 2 of the Men's 21E course, what would your route be?*

- **JWOC - Forest Events**

The JWOC forest events were postponed in July due to fire risk. Zefa Fa'avae travelled back to Portugal following Northern Regional Champs to race. First up was the middle, which Zefa said he "had a few small mistakes, but am very happy with the result, and loved the terrain - rocky terrain equals parkour", he placed 17th out of 127 runners. Zefa followed the middle up with a very strong race in the long, placing 14th.

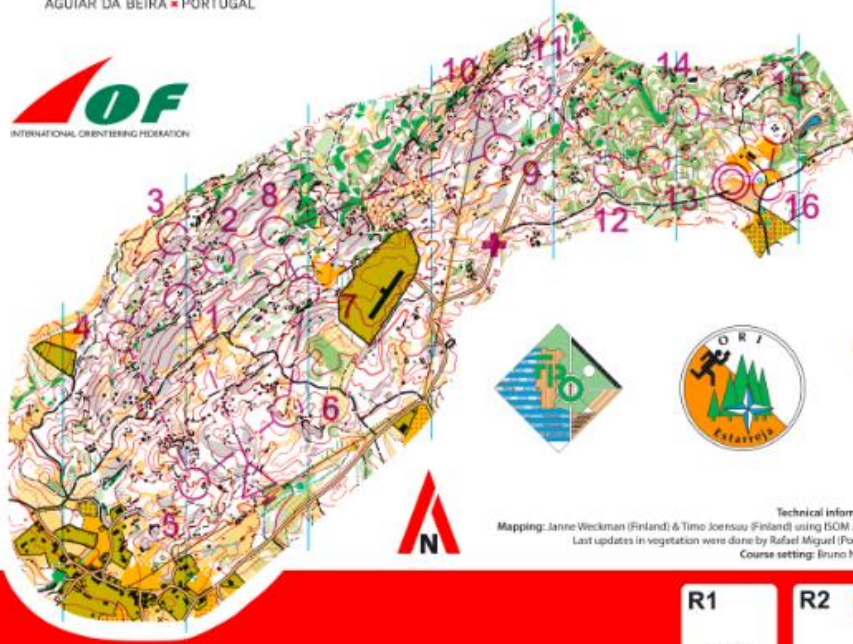
# QUINTA DAS LAMEIRAS | JWOC 2022 MIDDLE DISTANCE FINAL

Scale: 1:10000  
Contour Interval: 5 m

JWOC 2022 - Middle Distance Final			
Men			
Men	4,0 km	210	
--- 60 m --->△			
▷		Λ	
1	44 →	▲	1/3 ○
2	55 ←	mm	2 ○
3	47 →	▲	13 ○
4	49 ←	mm	2 ○
5	70	Λ	
6	36 ←	mm	7 L
7	46 →	Λ	
8	35 ↘	mm	15 L
9		●	○
10	69 ↗	▲	3 ○
11	53 ↘	mm	2 L
12	64	●	○
13	56 ↑	●	○
14	65 ↘	▲	13 ○
15	75 →	▲	9 ○
16	200 ↗	mm	15 L
○--- 90 m --->○			



## Men



Technical information:  
Mapping: Janne Veckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2.  
Last updates in vegetation were done by Rafael Miguel (Portugal).  
Course setting: Bruno Nazário



M20 JWOC Middle Distance map



*Zefa at JWOC 2022*

- **South Island Champs - Lake Tekapo**

Lizzie Thomas raced at South Island Champs and has written a small piece of her weekend. Thanks Lizzie!

Held over three days on Canterbury Anniversary Weekend, the South Island Champs were a fantastic opportunity to race against orienteers from around the South Island and further afield. Friday night's sprint in Geraldine saw a mixture of riverbed, parks, and school grounds, and for me the opportunity to run several legs in the opposite direction to Lizzie Ingham, marvelling at her pace. Saturday and Sunday long and middle were both in the forest east of Lake Tekapo, a beautiful location, and a chance for a swim afterwards. Having only started running red courses earlier this year, I used my navigational blunders to good effect, practicing relocation regularly throughout the long course. It was also great to see a few competitors visiting from overseas – France, Scotland, and Japan – and I look forward to seeing more as international tourists continue to visit. A big thanks to PAPO for hosting a wonderful weekend, and it is with growing excitement I look forward to the next South Island Champs, only two months away in Nelson.



*Lizzie Thomas with her infectious smile finishes the middle distance at the South Island Champs.*



*Brent Edwards in action at the South Island Champs, a symphony in motion.*

- **Challenging times**

As some of the community may be aware, Club member Isaac Pawley's health, upon returning from Hillary Challenge he was diagnosed with Aplastic Anemia (a rare autoimmune disease where his body has stopped producing key parts of his blood in his bone marrow.). Isaac and Lesley (his Mother), have had to relocate to Christchurch for the next year for treatment with his Father, Jon and sister, Emma hoping to relocate next year.

If you would like to support the family through this tough time, we have set up a ["virtual" club event for donations](#). It will be open until the end of November, with all proceeds passed onto the Pawley family. Any donations big or small would be greatly appreciated to help the Pawley's on this next challenge.

- **Planners and controllers needed!**

We need planners and controllers for our events in 2023 so please reach out if you would like to have a go at organising an event. We will offer the necessary support by partnering you with a more experienced club-member. It is a very rewarding process delivering an event, a great chance to meet people in the club and ultimately to improve your own orienteering/rogaining. If you are interested then get in touch with Daniel at [noc.secretary@gmail.com](mailto:noc.secretary@gmail.com). We are busy planning the 2023 season now and we want to put on more events!