

November News

Kia ora,

With summer knocking at our doorsteps, Christmas and the end of the year are on the horizon. This time of year can often be quite hectic but I hope you all have plans to make the most of what the warmer weather has to offer.

November has been pretty quiet for orienteering. Orienteering nationals were held in Hawkes Bay at the end of October in which the club had some great results. Locally, the event at Saxton Fields was a success. Looking to December, Daniel has brought his creativity to the table for the rogaine at Founders Park which also doubles as the AGM, and there's the a 24 hr Australasian Rogaine champs towards the end of the month in Tekapo - All the best to club members competing!

As we look to 2024, we are starting to think about the events the club will hold. If you're interested in planning a course or helping coordinate events, please reach out - no experience is required. If you are interested in being involved in other ways, please think about joining the committee. In either case, please reach out to [Daniel](#) for more information.



Upcoming Events

Event	Distance	Location	Dates	Time	Categories	More Info
IseI Park Club Event	Short, middle, long	IseI Park	Friday 1st December	6-8pm		More info and entries here
Ro Train AGM	Mystery	Founders Park	Sunday 10th December	10am - 1pm		More info and entries here
Australasian 24 hr Rogaining Champs	3, 6, 15 & 24 hr	Lake Tekapo	16-17th December	TBA	Championship and non championship categories	More info here
Oceania Sprint Champs	Lonely Mountain Sprints	New Plymouth	26-29 January	TBA	Championship and non championship categories	Early-bird Registration closes Monday, 17th July. Enter here. More info
	Auckland Triple Crown Sprints	Auckland	3-6th February	TBA		
Katoa Po Night Relay and Explorer	Relay and 3 hour rogaine	Taupo	9-10 March 2024	TBA		More info to come

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


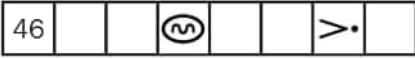

AGM

The AGM is 10th December, a new Club President and Treasurer will be appointed as well as new committee members. If you have any questions about the AGM, please email Daniel at noc.secretary@gmail.com . There is also a rogaine with a twist before the AGM - so be sure to come along to enjoy the fun!

Symbol of the month

Lake

A large body of water. It is typically mapped as uncrossable.

Map	Example Control Description	Text description	Terrain
		Lake, east tip	

Kings Birthday - Save the date

The club is hosting a three day competition over King's birthday weekend (1-3 June 2024). There will be a Middle (Saturday), Long (Sunday) and Sprint (Monday), running on news maps and some favourites. We have an amazing team setting and controlling the events, but please reach out if you'd be willing and able to lend a hand on the race days themselves.

Volunteer Q & A

This month we caught up with Scott Smith, the ONZ Regional development coordinator, to ask him a couple of questions about his role and what makes him tick.



Q: Can you tell us a bit about what the ONZ regional development coordinator involves and what you hope to achieve in the role?

A: *The role of the regional coordinator is to support the development of elite junior and senior orienteers in their region. Currently both Nelson and Christchurch have appointed coordinators who report up to the National Coordinator (Gene Beveridge) and the ONZ Council.*

I'll be available to provide guidance and support for Nelson/Tasman/Marlborough athletes who are looking to

develop their skills, as well as working with the Nelson and Marlborough clubs to ensure there are good training opportunities on offer during the season.

Q: Sounds like an awesome opportunity for club members. Is there anything they can do to get the most out of this?

A: *If you are a competitive red-level orienteer who races at Nationals and the various NOL and NSL rounds held each year then I'm here to support you! Send me an [email](#) introducing yourself and*



I'll add you to my list of local athletes. Let me know if there are any areas you want help with, or barriers to your participation at events and I'll do my best to help you develop and overcome these.

If you race in the 20E or 21E classes at NOL events you should sign up to the [Southerly Storm Facebook group](#) and connect with other South Island athletes on there, it's also where many low-key training runs and social events are advertised.

Q: Awesome thanks for that. Now to your orienteering goals. I know you prefer forest orienteering over sprint orienteering. With it being the sprint world champs next year, what's on the cards for you for 2024? Orienteering and general adventuring wise.

A: *I'm skipping the Sprint Oceania races in January to get a nice block of training in over summer before heading down to race the Shotover Moonlight 30km Adventure Run in mid-February. After that I'm planning to attend the full season of forest orienteering racing from March through to June (JWOC Trials, Nationals, SI Champs, KBD).*

Plans for later in the year are currently up in the air but might include a trip to Europe for some World Cup racing in Hungary or Finland. If not, I'll probably make the trip over the ditch to the Australian Champs in NSW. Being new to Te Taihū I'll be doing my best to fit in all sorts of running, biking, and kayaking adventures in between these goal races!



Q: Sounds like an awesome summer ahead you have! All the best for your training and racing. Now, what's your ideal breakfast that gets you out of bed in the morning?

A: *Grain Health Foods toasted muesli topped with a banana, or waffles with bacon, banana, and maple syrup if someone else is cooking!*

Q: That sounds tasty! Onto the last question; who or what inspires you in your personal and professional life? And why?

A: *Recently I've been pretty inspired by all the cool things people are doing in Nelson before work, after work, and even during work (I see your activities on Strava!). There's so much to do and so many places to explore. It's hard to only go out running for 30 minutes when the hills are on your doorstep!*

Professionally it's been really uplifting to come into an environment where work/life balance is respected and seeing that I don't have to give up the things I enjoy (orienteering, coaching, mentoring, etc) to fit into the corporate culture.

Thanks Scott! Best of luck for your races coming up too!