

February News

Kia ora,

2023 has started off with a bang with more high quality orienteering than you can shake a fish at. In early January, a small group of club members travelled to Australia to compete at the Oceania Champs. The club then hosted a very successful "[Taitonga SIOC2023](#)", the South Island Orienteering Champs over Nelson anniversary weekend. A huge thank you to Annemarie (Event Director) and to all volunteers, the weekend would not have been the success it was without you! In particular, I would like to thank the awesome Start team who sacrificed their runs to ensure the starts ran like clock-work.

A week later, over the Waitangi long weekend, we had a very race intensive weekend with lots of sprint action and a chasing-start middle distance in Christchurch. Be sure to read to the end of the newsletter to check out some of the interesting route choices.

The club is working hard to bring you plenty of orienteering this year. This kicks off with the Summer Sprint Series next Wednesday - see you there!

Matt O

For all the engineers out there -> *The sport of Orienteering is a set of discrete, non-linear optimisation problems solved through skill, experience, and a robust technique, but ultimately undermined by fatigue, complacency, and inaccuracy.*

Membership

[2023 membership](#) is now due, early bird prices are available until 31st March. If you were a club member in 2022, check your email for an invoice. If you weren't a member last year, head to the website to sign up. Prices are below.

	Junior	Senior	Family
Early bird (until 31st March)	\$25	\$35	\$75
Standard (from 31st April)	\$30	\$45	\$90

Upcoming Events



nelson
Nelson Orienteering Club

WHAT
Three courses each
Wednesday evening

WHEN
Pre-register via Lillregie
Rego Opens: 5:00pm
First Start: 5:30pm
Last Start: 7:00pm
Course closure at 7:30

HOW MUCH
Members - \$5 each
Non-members - \$10 each
SI Rental \$3 each

TEAM
Michael & Riley Crouford

INCLUDES
Nelson/Tasman Schools
Sprint Series

MORE DETAILS
www.noc.org.nz

SUMMER SPRINTS

Wed Feb 15 @ Nelson College

Wed Feb 22 @ Waimea Schools

Wed Mar 1 @ Nelson College for Girls

Wed Mar 8 @ Nayland Schools

Wed Mar 15 @ Motueka Schools

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.

- Summer Sprint Series - **ideal for school kids!**
 - Every Wednesday from and including Feb 15th through to March 15th.
 - Wednesday 15th February, Nelson College
 - Wednesday 22nd February, Waimea Schools
 - Wednesday 1st March, Nelson College for Girls
 - Wednesday 8th March, Nayland Schools
 - Wednesday 15th March, Motueka Schools
 - Registration opens 5pm, first start at 5.30pm, last start 7pm, though courses close at 7.30pm.
 - More information available on the event page on the club [website](#)
 - Enter online [here](#)
- Sunday 19th February - Rabbit Island Domain
 - Registration opens 10am, first start at 10.30am, last start 12pm
 - More information available [here](#)
 - Enter online [here](#)
- Sunday 5th March - Wakapuaka
 - Registration opens 10am, last start 12pm
 - More information available [here](#)
 - Enter online [here](#)

- Sunday 26th March - TSS Sprint Orienteering Champs, Blenheim
 - More details to come. Keep an eye out on the the [ONZ event listing](#) for more information
- Sunday 12th March - Rainbow Rogaine
 - 3hr Rogaine based from Rainbow ski field
 - Registration from 9:00am, start at 10am
 - Fundraiser for Motueka Adventure Racing Team
 - Enter [here](#), entries close 8th March
 - Check out the [event website](#) for more information
- 7-11th April - NZ Orienteering Champs, Hawkes Bay
 - Distances: Sprint, Middle, Long, Club relay, knock out sprints
 - Bulletin 1 has been [released](#)
 - Check out the event [website](#) for more information, and entry details.



News

- **Junior Orienteering Camp - Micah Dunn**
 Micah Dunn attended the Junior Orienteering Camp held in December 2022, and has kindly shared his experience of the training camp - Thanks Micah!

"The 2022 youth training camp was held at Muriwai near Auckland. The camp was five days doing a series of courses from sprints around schools to long distance around forestry. There were also fun events organised by the coaches. The camp coaches were great, and they all taught us lots, such as simplification, route choice, relocation and how terrain can affect a bearing. The training and events were set up well with good maps and fun courses.

For me it was a bit difficult at first because I didn't really know anyone except for Tide, Anya (who was a coach) and a parent helper. After about two days I knew everyone and was doing lots of stuff with the other kids. The camp morale was good, the kids were organising fun small games or competitions, after training, that got everyone involved. Throughout the camp there were organised events like the flying mile, the star relay, the sprint relay and the night memory course that would be a fun competition partway through the camp. At the end of the camp there were camp champs which were two events, a sprint and a long. For all the training sessions all the maps had been red, but for the camp champs we were split into our age group, so lots of people ended up competing in orange.

For anyone who is thinking of going to a training camp I would recommend it. The next camp is in Christchurch, so it should be easier, you don't have to worry about travel that much."

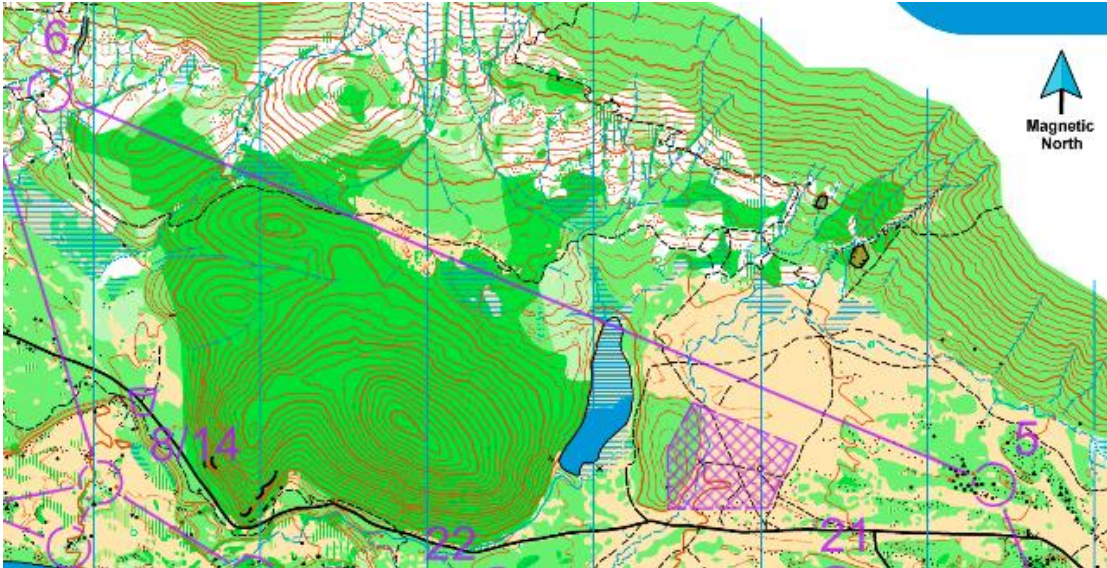


- **The Goat**

Congratulations to our club president, Matt Ogden, who competed and took the win at The Goat, a technical trail run on the slopes of Mt Ruapehu, approximately 20km and over 1000m climb.

- **Taitonga South Island Orienteering Champs 2023 - 28-29 January, Nelson**

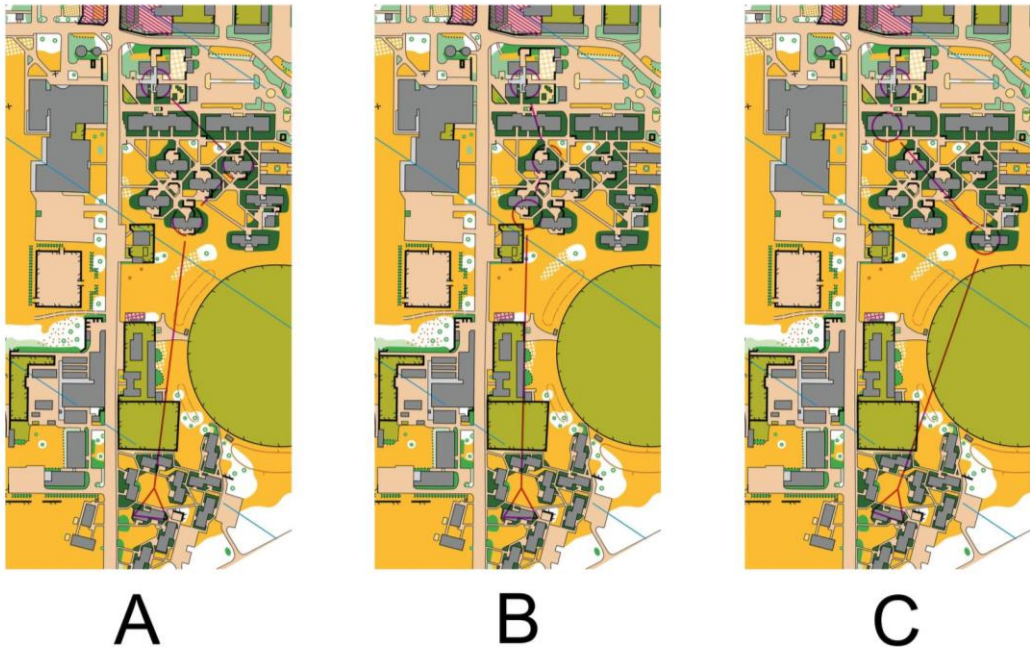
The club hosted a very successful SI champs over Nelson Anniversary weekend. We had over 250 competitors racing. A huge thank you to our volunteers who ensured the weekend ran as smoothly as it did.



Route choice leg from control 5 to 6 on the Mens 21E long course at the SI Champs.
Which way would you go? [Livelox available here.](#)

- **Waitangi Orienteering Weekend**

We had a strong turn out of club members competing at the Southern Orienteering Weekend in Christchurch over Waitangi Weekend. PAPO delivered nothing short of an abundance of high quality courses which were enjoyed by all. One of the biggest challenges was racing in very hot temperatures.



The splitting leg from the knock out semi final. Competitors had 20 seconds to choose which map. Which one would you choose?

- **GODZone**

All the best to our club members competing at GODZone at the end of the month. For those not racing, we have a week of exciting dot watching ahead, from the comfort of our homes.

- **Red level trainings for NZ Champs**

NOC is aiming for domination at Nationals again this year. Leading up to Nationals, the club will be offering technical training to any elite and red level orienteers. Following nationals, the club will offer yellow/orange level training, so stay tuned for these!

Training plan for the next 2 months (starting 13th Feb):

Mondays - Easy run and running drills (lead by Matt), at Saxton Pavilion at 5:30pm

Tuesdays - Alternating O training & Hill reps (meeting 5.40pm)

Wednesdays - NOC Sprints

Sundays - NOC events, gaps filled with training closer to time

Further training information will be relayed through Southerly Storm Facebook group, so please apply to join this if interested, or flick Dougal an email at dougalshepherd@gmail.com. All welcome!



The Southerly Storm featuring some of the Nelson members.

- **Map Updates Galore!**

The club is very grateful to the Nelson Regional Development Agency for support in updating a number of our maps across the district.

Michael Croxford has been busy over summer working on five Sprint maps which are to be used for the upcoming Summer Series including the new Nayland Schools map first used at SIOC2023. Maps for Motueka Schools and Nelson College for Girls have also been given a spruce up to the latest mapping specifications, while Waimea Schools and Nelson College have been given a quick check too.

Rabbit Island Domain has now been remapped ahead of our first forest based event on 19 February and now integrates into the map updates made last year ahead of the Nationals. Next steps are to update the Rabbit Island East, Maitai and Tunnickliff forest maps, as well as Sprint mapping of Rutherford Park and Founders.

