

## April News

Kia ora,

And yet another month bites the dust - the year does seem to be moving faster than a long-haired Zefa Fa'avae in the finish chute. With the numerous events we had in the first quarter, April saw just one event - the return of the infamous Big Bush. Fortunately, Zefa and Nathan were appointed as planner and controller, so we could arrive at St Arnaud knowing that we could finally enjoy some respite from the devilishly difficult courses that we had seen at Wakapuaka and Canaan Downs.



*Further traumatised kids through the medium of O. Nice work Fa'avae's.*

For my race on this day, I think I had 25 minutes of stationary time on my course (*from Strava*), despite never actually "stopping". Adventure O might be the latest spin-off of the awesome sport that we do. But a serious thanks to the Fa'avae's for again a huge amount of mahi to deliver yet another memorable NOC event.

The Club has had some massive successes to celebrate which you can read about below. But specifically I wanted to highlight Robert Sutton for winning the ONZ Administrator of the Year. Robert is an incredible member of NOC serving as Treasurer for the past 13 years. He's an unsung hero of our club and for orienteering in general, so I am proud he has received the recognition he deserves. Well done Robert!

The calendar heats up again, as you will see below, with plenty of events to keep you well oriented over the coming months especially for club juniors.

Matt O

*If you can't find the control, panic doesn't usually help.*

## Membership

[2023 membership](#)'s are now overdue with early bird prices for 2023 having ended on 31 March. If you were a club member in 2022, check your email for an invoice. If you weren't a member last year you wouldn't have received an invoice email recently, so head to the website to sign up. Prices are below.

	Junior	Senior	Family
Standard (from 31st April)	\$30	\$45	\$90

\*A family is two seniors (21 or older) and any number of juniors.

## Upcoming Events

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.

- Sunday 7th May - Central Challenge (run by Nelson Central School)
  - 1 or 2 hour rogaines, in a team or individual around Nelson City.
  - Registration from 10am
  - Enter online [here](#)
- Saturday 13th May - Nelson/Tasman Schools Rogaine at Cable Bay Adventure Park
  - 1-2 hour rogaine, and is open to the public as well as school teams
  - Registration from 1pm, starts at 2pm
  - Enter online [here](#)
- Sunday 14th May - Maitai Club Event
  - Registration from 10am, starts from 10:30am-12pm
  - Five courses - white, yellow, orange, short red, long red
  - Enter online [here](#)
- Sunday 28th May - Autumn Muster Rogaine
  - Location tbc, but is hosted by the Marlborough Orienteering club
  - Keep an eye out for further details [here](#)
- 3-5th June (Kings Birthday weekend) - Tūāraki-Northern Regional Championships, Waikato
  - Sprint, Middle and long distances
  - [Bulletin 1](#) is out now
  - Visit the event website and enter online [here](#).
- Sunday 11th June - Nelson/Tasman Schools Orienteering
  - Registration from 10am, starts from 10:30am-12pm

- Categories: yr 7&8 boys and girls, junior boys and girls, senior boys and girls and spectator
- Look out for the entry link soon on the event [website](#)
- Sunday 25th June - TSS Orienteering champs (includes a public race)
  - Registration from 10am, starts from 10:30am-12pm
  - Categories: yr 7&8 boys and girls, junior boys and girls, senior boys and girls and spectator
  - Look out for the entry link on the event [website](#)



*Lucy Davies in action at Big Bush.*

## News

- **Junior World Orienteering Champs and World Orienteering Champs**

The final selection races for the Junior World Orienteering Champs and World Orienteering Champs were held over Easter weekend at Palmerston North and Waitarere Forest. We can also confirm that we will have three club members representing New Zealand at the European Youth Orienteering Champs. Congratulations to the following club members and the club wishes you all the best in Europe!

European Youth Orienteering Champs - 22-25 June, Bulgaria:

Riley Croxford (M18A)

Eddie Swain (M18A)

Leo Croxford (M16A)

Junior World Orienteering Champs - 2-9 July, Romania:

Zefa Fa'avae

Riley Croxford

World Orienteering Champs - 11-16 July, Switzerland:

Matt Ogden

Amelia Horne

- **Orienteering NZ Awards**

Orienteering NZ announced their awards at the recent AGM. Nelson Orienteering Club had a strong performance, with four club members coming away with awards. Congratulations to all!

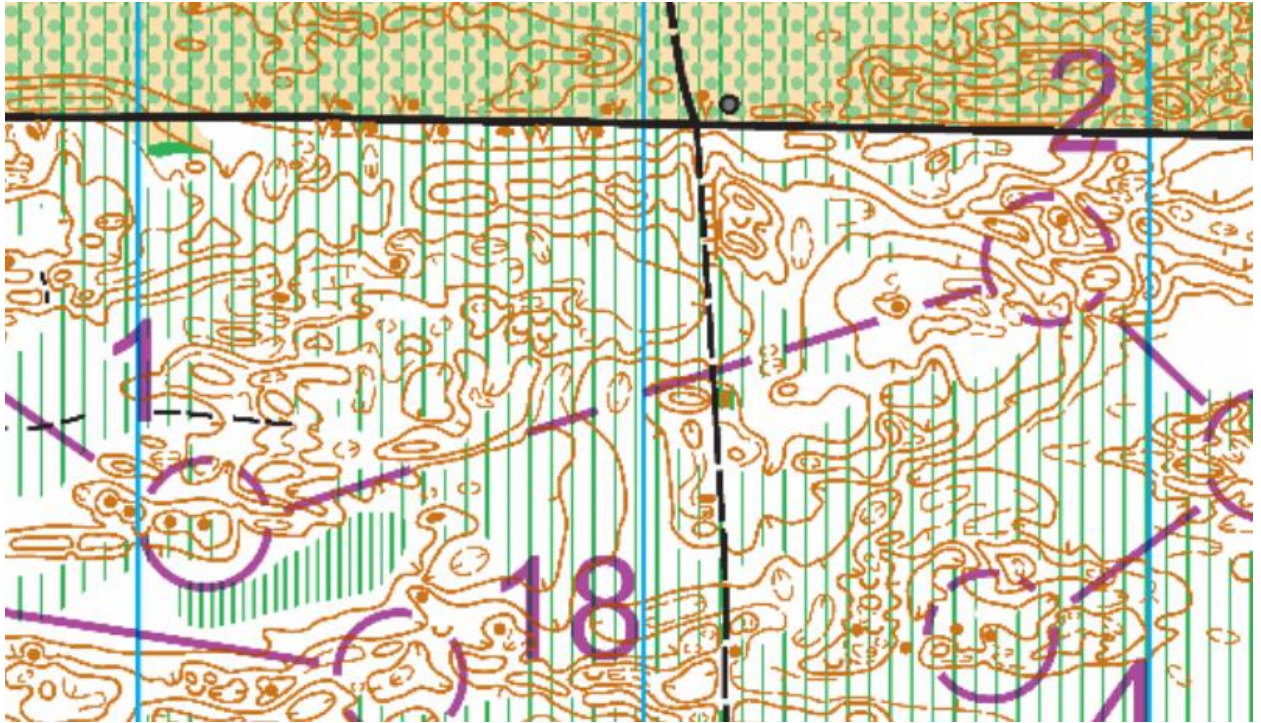
Administrator of the year: Robert Sutton

Rogainer of the year: Marina Comesky

Junior International Performance of the Year: Zefa Fa'avae

- **Southern Cross Challenge Selection Notice**

Selection notice for the New Zealand Secondary Schools Orienteering Team to travel to Perth in October has been published by Orienteering NZ. Trials are at the King's Birthday Weekend hosted by Counties Manukau and Orienteering Waikato. For more information and selection criteria, check out the notice [here](#). Any juniors interested should contact the club for further details.



Leg 1 to 2 in the 20 and 21E Mens course on day 4 of the Easter weekend. What would your route be?

- **Health and Safety Reminder**

At our Big Bush club event, Eddie Swain abandoned his course after suffering a concussion when he lost his footing crossing a stream. Here is his account of events.

*“When I was running up a stream on the far western side of the map, I hit my head badly on a rock. I remember going to jump onto a rock that was in front of a boulder, the rock looked slippery, but I assessed my landing spot and remember thinking it would be ok. I cannot remember slipping but I figure I must have and bashed my head on the boulder that was behind the rock. In an unknown amount of time later, I woke up in the stream which was where I put the pieces of my memory together to and realized I must have slipped and got quite a bad head knock. Firstly, I concussion tested myself about my location, my name, the date and about the volleyball nationals I had been at for a week and only arrived home at 11 the previous night. Secondly checked if my compass and dibber were working properly which they thankfully were. My map had floated down the stream, but I just figured it was lost. I knew the general direction of where I should go so, I just started walking down the stream to follow my original plan that was to follow the stream to the road, turn left, and eventually I should end up at the event Centre. Whilst walking down the stream I found my map floating down the stream, after a quick scurry to pick it up I had my map. I thought that maybe I could continue the course but then I had a scan at the next few legs and that ceiled my decision. I managed to find a track*

*that I could follow that took me back to the start where Jodie kindly acquired Sophie Hart who was a doctor to concussion test me.*

*I strongly think it was very beneficial to pull out of the race after sustaining an injury like this to prevent further damage and for my safety. I never thought this would happen to me and I bet you don't either, but unfortunately on the unlucky occasion it is part of our sport therefore something u need to consider. I am happy with the decisions I made after fall and would do something very similar if it happened again."*

This is a timely reminder on the health and safety of an orienteering event. There are a couple of things that you can be aware of prior to going out to complete your course that can help keep you safe. This information is often included in the event information of the bulletin.

Course closure - the time at which you must abandon your course and report back to the download tent. If participants are not back by course closure then event organisers will start a search for those still out.

Safety bearings - A bearing at which one can fall back on if disorientated or lost. Be sure to read the specific details for the event, but it often will direct you to a main feature such as a road that can be followed back to the registration area.