

July News

Kia ora,

I hope the winter months are being kind to you all; there has been plenty of O-action lately, locally and overseas, to keep us distracted by that warm feeling we get when the control is exactly where we expect it to be! The World Championships have just finished and not surprisingly they were very demanding and the level insanely high. Read below for a few legs from the races but I look forward to sharing my experiences when I return to Nelson. At the Junior World Championships the week before, Zefa and Riley made us very proud with their performances. Zefa in particular had outstanding results with 11th in the Middle, 5th in the Long and a storming last leg in the Relay to bring the NZ team into 8th. Zefa was very talkative in his interview after the Long, which you can watch [here](#). My lesson from this is how to recover from a mistake early on in a race, dealing with the feeling of being “a bit sad”, to then produce a world class race - beatable only by a very few. With these results, it might be soon that we start asking ourselves who is Nathan Fa’avae?



Zefa earned a diploma at JWOC with a 5th place in the long distance. The best ever result for a kiwi at the JWOC Long distance. He still has a bit of work to do to beat my Middle gold from 2012 ;). Well done Zefa, we are all very proud!

Locally, we have just organised the South Island Secondary School Champs and supported MOC with the New Zealand Secondary School Champs. The work required behind these large events is enormous so thank you to everyone who helped and made it happen - I have heard nothing but praise from those who took part. We owe Annemarie, who directed the show, many boxes of chocolates and some much deserved respite from organising events. I am just so amazed by her

project management skills and ability to conduct the NOC orchestra, chaotic and out of sync at times, to produce symphonic masterpieces. Also to Michael and Daniel, you are stars.



Did you enjoy the plane at Founders park? What an outstanding control site from Daniel.

Enjoy the remaining NOcturnal Rogaines, longer days are on the horizon!

- Matt O

Upcoming Events

Event	Distance	Location	Dates	Time	Categories	More Info
NOcturnal Rogaine Series	1.5hr	Tahuna Hills	Wednesday 26th July	Maps from 5:30pm	Public	Look out for the entry link on the event website
	1.5hr	Rough Island	Wednesday 9th August			
	1.5hr	Dellside	Wednesday 23rd August			
NOC club event	TBA	Saxtons	POSTPONED	TBA	Public	TBA
Wily Weka Rogaine	2, 4 & 6 hr	Cable Bay/Glenduan	Sunday 10th September	TBA	Public	TBA
Canterbury Champs	Relay	Castle Hill Village	Saturday 14th October	TBA	Public	More info here
	Long	Hogsback, Castle Hill	Sunday 15th October	TBA	Public	More info here

National Orienteering Champs	Sprint	Hastings, Hawkes Bay	Friday 20th October	TBA	All race classes listed here	Early-bird Registration closes Monday, 17th July. Enter here. More info
	Middle	Mangatarata, Waipukurau	Saturday 21st October	TBA		
	Long	Tuna Nui, Sherenden	Sunday 22nd October	TBA		
	Relay	Tuna Nui, Sherenden	Monday 23rd October	TBA		

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.

Planning a NOcturnal Rogaine Event

Have an idea for an orienteering or rogaine event? Curious about what it's like to plan one? Rupert MacLachlan shares his experience planning the recent Marsden Valley night rogaine, which is part of the wildly popular NOcturnal Rogaine series. Here's what Rupert had to say:

“Recently I planned the Marsden Valley NOcturnal Rogaine and Daniel Penny from NOC helped with the running of the event. Planning and organising an event like this is an incredibly rewarding experience and a way to give back to your local community and club. We are so lucky to have these great Rogaine series and orienteering events in the Tasman region, but you don't realise how much work goes into organising them until you've done it yourself!

The planning stage is a great chance to explore a new area, it makes you look at a map and control placement in an entirely new way and helps to refine map reading skills. It's a great challenge trying to find new places where people haven't been before and showcase a different part of Nelson.



I love the challenge of trying to plan a course that is difficult enough for the faster competitors, but still achievable for anyone new to the sport and families with younger children. It is satisfying seeing someone clear the course, along with teams of families and friends braving the cold winter evening and coming back with big smiles on their faces, covered in mud and having collected some big points. We were lucky enough to have a perfect evening for the event, but after all the rain over the previous days, the course was slipperier than anticipated!



Using the MapRun app has been a game changer for organising events like this. While it does have some minor issues occasionally in areas with patchy coverage, it does make setting a course less labour-intensive, there is less chance of having equipment stolen or tampered with in public space, and the course can still be used after the event has taken place by anyone who missed out. However, it does change the way you have to design certain parts of the course.

Thanks again to everyone who came along to the Marsden Valley NOcturnal Rogaine, it was fantastic to see such a big turnout. I always come away from these events having learnt something new. Organising a Rogaine event is a great experience, and I would highly recommend giving it a go if it is something you have thought about doing, have an interest in or would like to

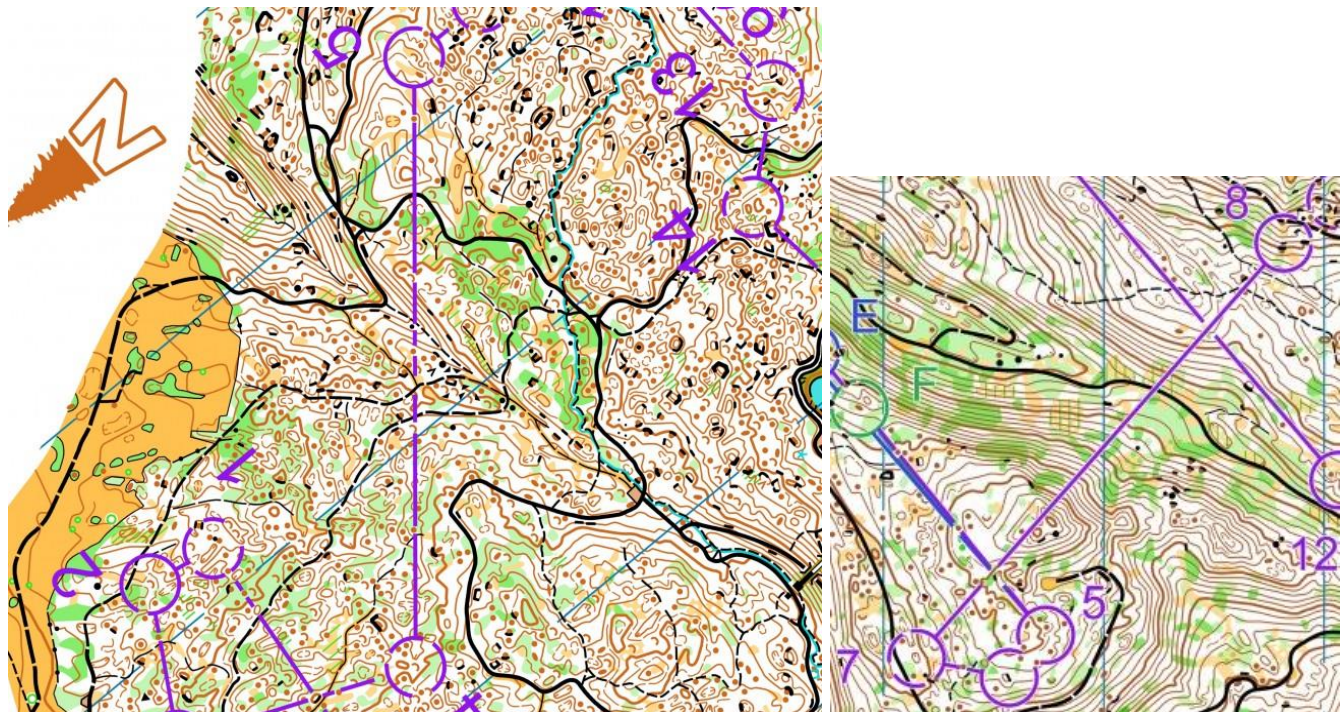
significantly improve your map reading skills. We are very lucky to have an active and supportive club committee who are there to offer help and advice if needed, and all the equipment needed is readily available.

For anyone that may be interested in knowing more, I am available anytime to discuss.”

See you out there,
Rupert MacLachlan

Route Choice Challenge WOC Edition!

This month we have a WOC special, first up take a look at these two legs and quickly decide what route you would take, then take a read of some tricky WOC legs with analysis from Matt and Amelia, then below that the answers to these two:



Leg 4 -5 Middle Final 7 to 8 WOC relay



Men's WOC Middle Distance Qualification

120 competitors in 3 heats. The New Zealand team included Matt Ogden, who crushed it in heat 2 and qualified for the finals.

“The legs 3-4 and 4-5 are interesting from the WOC 2023 Middle Qualification. I picked the wrong route choice twice. Perhaps straight was not terrible to 4, but I did not execute it super well in the beginning. Going right to the track, you conserve height and spend less time running in the terrain which was not particularly fast. I think this is then why I ran around to 5, but it was too far around.”

- Matt Ogden

Matt's route red, optimal blue



Women's WOC Long Distance

72 competitors. Local legend Amelia Horne did an outstanding job representing New Zealand in this tough final.

"One of my focuses for the long was to invest time into the route choice legs, this became more challenging towards the end of the race as fatigue set in. From the map exchange to 17 I looked at the options and decided that the lower road would suit me - it was longer distance wise but felt the safest and also quickest option being mainly on road and not too much climb. I think this was the faster of the route choices but I was still 3-4 minutes down on the leaders.

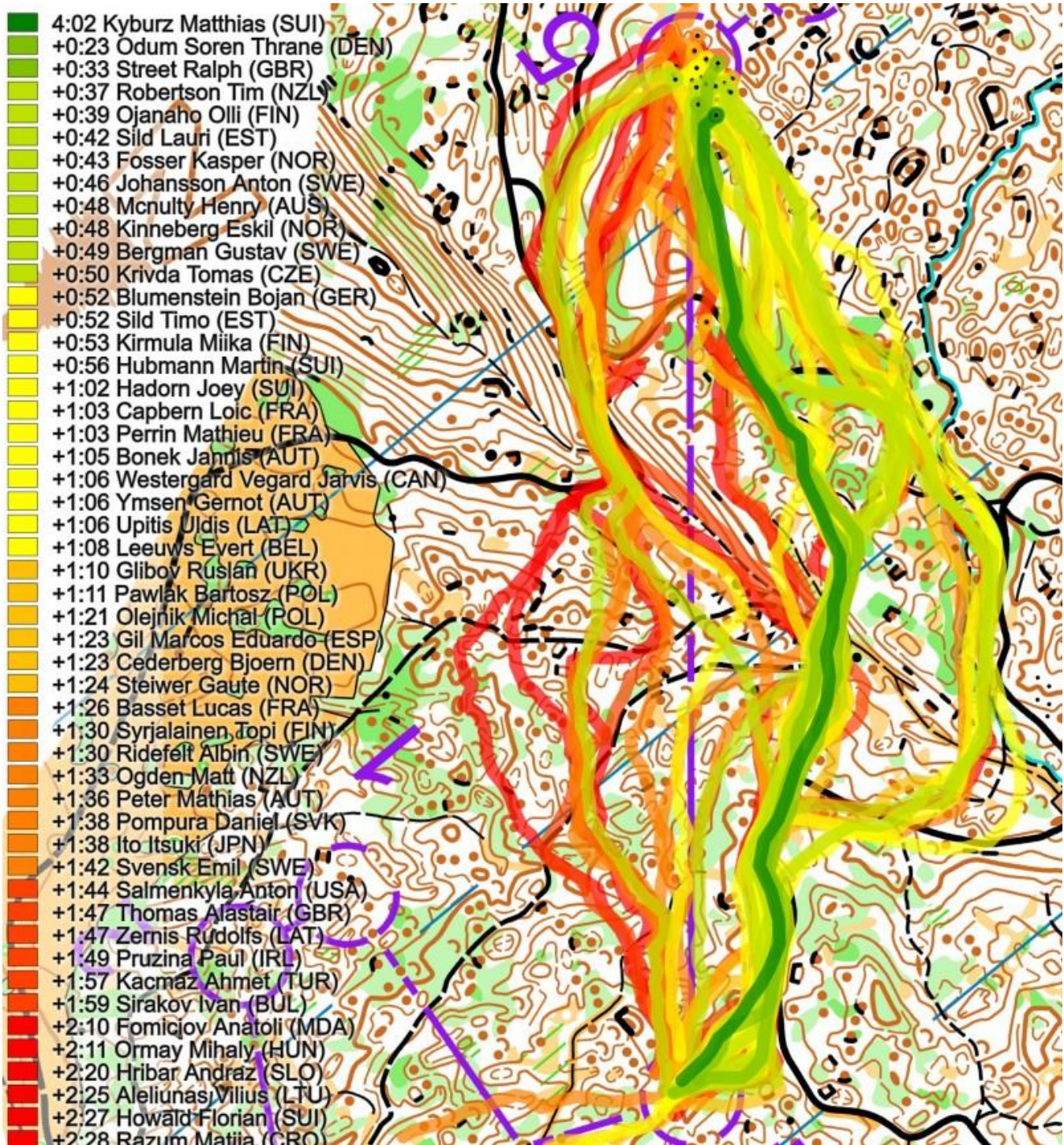
19-20 was over an area where I had challenges trying to get my head round when I studied the map days prior and looking at it during the race was unfortunately no different. It was the last long leg on the womens course and was

close to the finish. I was the least sure on my route choice for this one but had to commit to one, I chose left and it wasn't the best route choice. Apart from 19-20, I was pretty happy with my route choices in the race. There's been plenty of takeaways for me from each race, and I look forward to working on these going forward."

- Amelia Horne

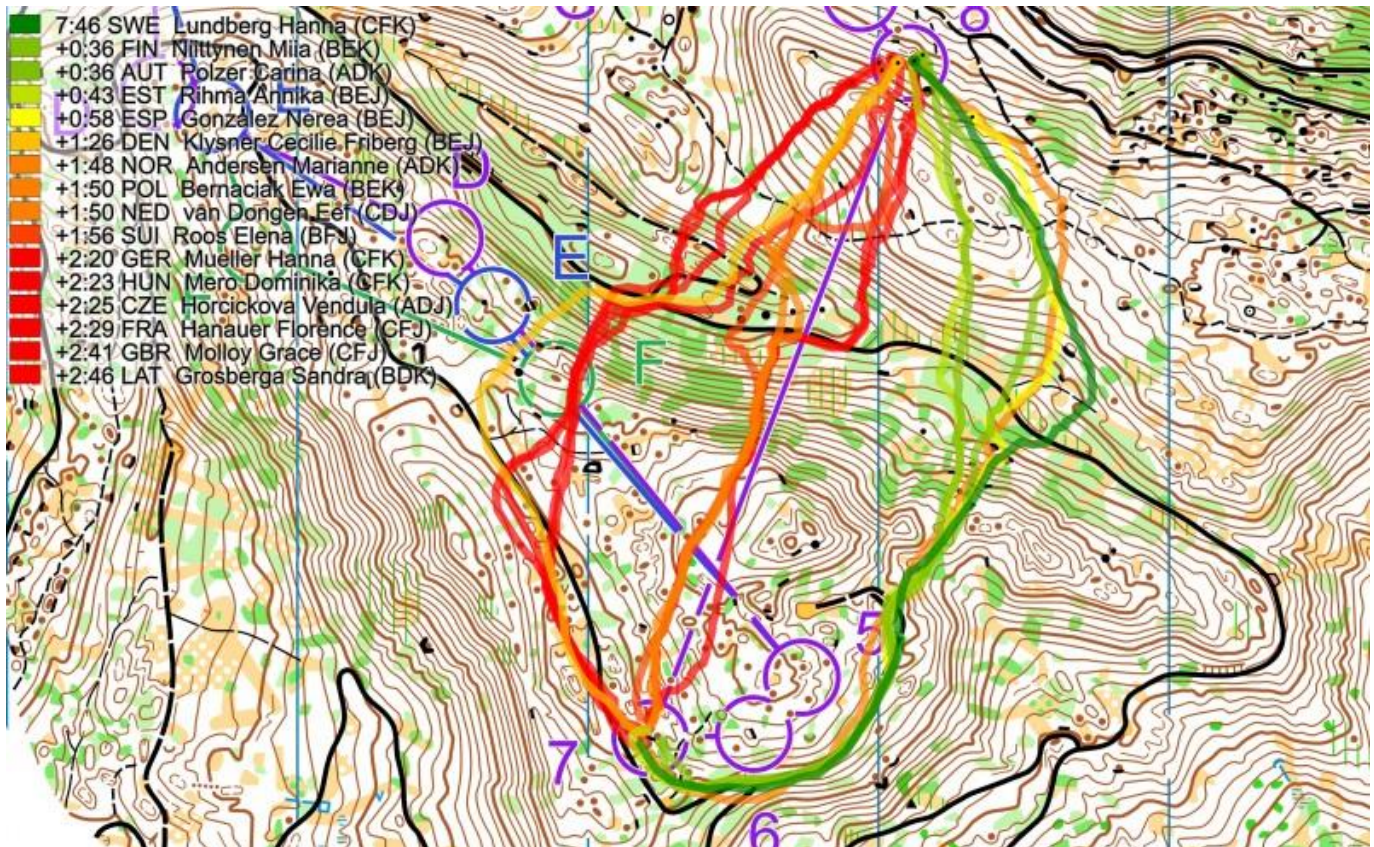
Men's WOC Middle Final

61 competitors. Matt Ogden did us proud again racing against the best in the world in a brutally technical course.



Women's WOC Relay

Both Matt Ogden and Amelia Horne both competed in separate teams of 3 representing New Zealand.



World of O has some excellent break downs on each event if you have a hunger for more:

[Middle Qual](#)

[Long](#)

[Middle Final](#)

Thanks for reading! See you next month.