

Spring News

Kia ora,

After a seven month hiatus the newsletter is back! Sorry for the delay, I hope you all managed to find some decent reading to fill the gap during the absence.

It's been a busy few months, with the club putting in a tremendous effort for a very successful King's birthday weekend - numbers were just below those for nationals we hosted in 2022. A huge thank you to all the volunteers that helped make the event the success it was. A personal favourite was the long distance at Kaihoka Lakes.

The days are noticeably longer now, and we are officially in Spring. The racing season in Europe is coming to a close with just one world cup round to go. We are exceptionally proud of our juniors who represented and delivered strong races in Europe this year including the European Youth champs, Junior World champs, and a World Cup. The future of NZ orienteering on the world stage is exciting. You can find out more about Eddie's and Tide's experience at European Youth Orienteering Champs and Junior World Orienteering Champs respectively in this newsletter.

A bit closer to home, the winter rogaine series has come to a close. The series was a hit this year. Don't fret if you missed the series or can't wait until next year for the next rogaine, be sure to sign up for Wily Weka this weekend, entries close midnight Wednesday 11th (more details below)!

Take care and see you out on a map soon!



Orienteer on the Kaihoka Lakes map at Kings Birthday competition

Upcoming Events

Event	Distance	Location	Date	Time	Categories	More Info
Wily Weka	Rogaine - 4 hours	Event Centre: Waimea High School	Sunday 15th September	Registration open from 8am	Junior, senior, Maters, Family - Male, Female & Mixed	Entries close: Midnight 4th September More info here
St Arnaud weekend	Relay and OY	St Arnaud	Saturday 19th (Night Relay) and Sunday 20th (OY) October	TBA	Night relay (saturday), White, Yellow, Orange, Red (short, medium and long)	More info here
Tuāraki - Northern Regional Championships	Sprint, Middle, Long	Counties Manukau	26th - 28th October	TBA	Championship and non championship categories	More info here
Halloween Rogaine	Rogaine	Richmond	31st October	TBA	Public	More info here
Boyle River Weekend	MTBO and foot	Boyle River	16-17th November	TBA	Public	More info here
Canaan Downs weekend	Training and OY	Canaan Downs	Saturday 23rd (Training) and Sunday 24th (OY) November	TBA	Public	More info here
Rabbit Island Christmas and AGM	Short	Rabbit Island	Sunday 8th December	TBA	Public	More info here
Oceania Orienteering Champs	Sprint, Middle, Long, Relay, Training	Manawatu-Wanganui	24-27th January	TBA	Championship and non championship categories	More info here

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

Orienteer of the Year Trophies

If anyone has a trophy from an OY sitting around home. Please get in contact with the [secretary](#) for their return.



NZ JWOC team joined Zefa on the podium following his strong long distance race which he placed second.

South Island Primary school orienteering camp

The year 5 to year 8 camp is scheduled to be held in the Nelson/Tasman region from the 19 - 22 December. However, for the camp to go ahead we require a camp organiser. The role of camp organiser involves coordinating volunteers and attendees, organising accommodation and transport and planning the camp itinerary and schedule. At this stage, we are hoping to secure Teapot Valley camp for accommodation and Darren Ashmore is head coach, he and his team will be organising the orienteering trainings (so no need to worry about organising any of these). Katie Symons has previously been Chief Organiser and has a bunch of resources she is happy to pass on which will help simplify the job. We also have several other experienced people who are willing to help with whatever they get delegated to them. Please note that this is not a NOC organised event.

If you think you can help, please get in touch Aaron Prince at aaronprin@gmail.com

Kings Birthday Fundraising

During King's Birthday Orienteering Weekend in Golden Bay, money was raised for the Nelson Marlborough Rescue Helicopter Trust.

The initiative for this fundraiser came from the Wylie and Ferguson families, whose land hosted the Long event at Kaihoka Lakes, on the wild West Coast.

Donations came from the competitors, individuals, the sales of T-shirts via Trailblaze, maps via NewTopo, the generosity of the Wylie family and Nelson Orienteering Club, resulting in a grand total of \$3,500 being raised.



A fantastic effort by all those involved which will help to support a vital service for the top of the South Island: a service which was essential in helping save a fellow orienteer's life during King's Birthday!

Juniors in Europe

European Youth Orienteering Champs

Eddie Swain raced at EYOC, along with Tide Fa'avae. I caught up with Eddie to hear about his long distance race.

"My EYOC experience was great. I enjoyed the racing and getting to meet new cool people whilst becoming closer with my team in the process.

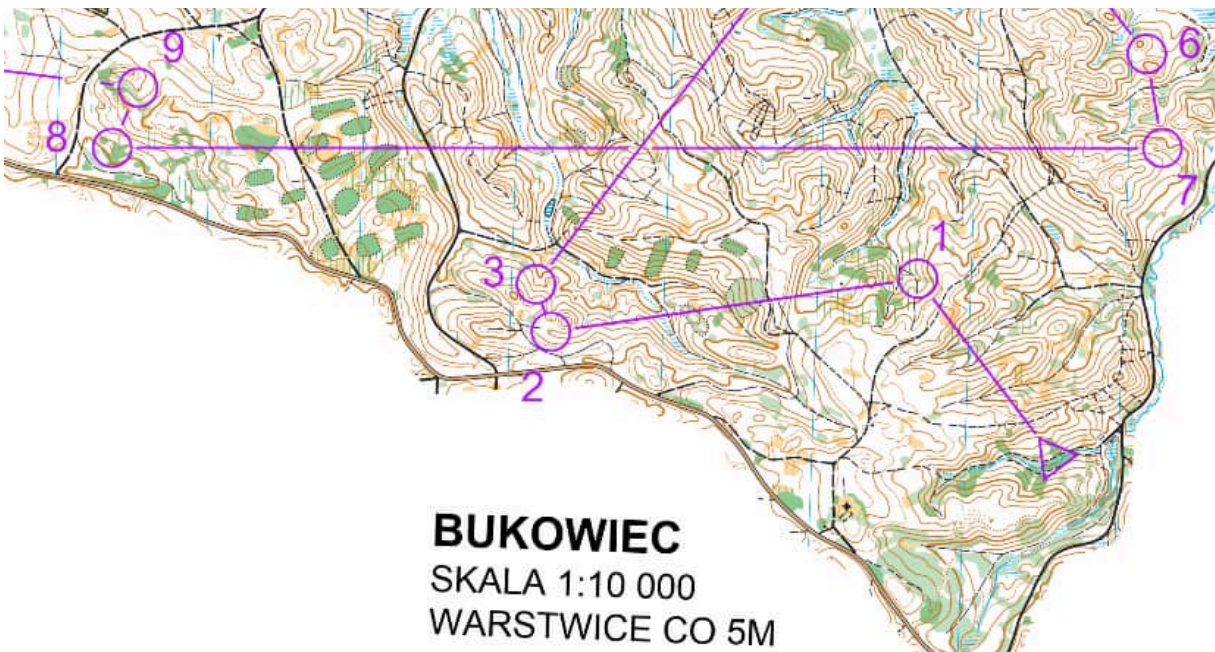
My main focus for EYOC was the long distance as I had been injured for most of the year and had only been on a sprint map 2 times the whole year. I had reasonably high hopes for the long distance, I didn't have a place goal I just put all my mental energy into executing my best race possible and then worry about placings after. We had trained in relevant polish terrain for 3 days



(Tuesday-Thursday) before doing the models on the Friday, the long distance was on the Saturday. I had felt mostly good in the trainings and picked out key techniques that I will need to focus on in the race. These were simple things such as making sure I walk to plan the long leg so I got my route choice correct, focusing on my exit direction and reading my map as much as possible.

I had picked the last starting block so I had a 3-4 hour wait in quarantine. I knew I needed to be in a good mental state to perform well in this race. This involved me going over my techniques and visualising how I will execute them in the race. However, I knew I could not do this for 4 hours so I talked to lots of people at the start and even played volleyball with some Latvians for half an hour. I was one of the last starters in the field so my bus to the start wasn't very crowded (me and one other guy). Every person got a ride to the start in an event organised bus from the quarantine.

Once I got to the start I finished my warmup and had a quick chat with my coach, Kieran. Kieran gave me some great advice to take out the race factor and forget that it was such a big event and just focus on basic navigation. This was the goal of most of my mental preparation so to hear Kieran say this to me minutes before my start gave me good confidence. I knew the first control would be important, I executed it well and continued finding the controls with good efficiency and map contact until the first long leg. I executed my plan of making sure I walk to plan this, the leg was approximately 2k long and there were many hills to go over going straight, I chose to go to the road because I knew it would be faster. My thought process was it goes a bit out of the way to get to the road, however once you are there it is downhill 1.5k road run and I knew this would be much faster than any kind of straight option. I executed the road leg well, at this point I was thinking that everything was going well and I had to be in a good position if I keep this up. Straight after a Norwegian guy passed me, he had started 4 minutes behind me, this made me rethink my idea of how well I was doing.



Long leg route choice from Control 7 to 8 on M18 long distance

Now my strategy was to run with the Norwegian guy. This worked for the next control and I actually got the fastest time of anyone on the course for this leg, the Norwegian guy was very strong and I was unsure if I could keep up. However, at the next point we passed a water stop, to my surprise he didn't stop. My plan had been to take a gel at this water point, after some hesitation as to what to do I stopped following the Norwegian guy and went to the water stop and took my gel. I

ran the next few legs with no problems and I was coming into the run through. At events big as this when starting last the spectator control can be a very intimidating place. However I had prepared for this and continued with no problems into the last loop. By this point I was very tired but I was still committed to executing the last part of the course well. There were 20 controls, I punched the 18th and had very minimal time loss until this point. I saw how close the finish was and didn't read my map as carefully as I had for the previous 18 controls. This resulted in a 1m30 error to the 19th, I didn't learn from my mistake either as going to 20 I didn't look at my map as much because I was afraid I would slow me down when trying to find a line through the long grass, I found a line however it took me very wide to the left and I also lost time on this control which was a shame since my navigation was good up until the last 2 controls. I sprinted in with everything I had to finish 35th. I had been sitting in around 20-25th the whole race until these last 2 controls.

This was a great experience for me and I learnt that I should never get over confident with my navigation at the end of a course, I need to follow my processes right until the end. I also learned I need to drop 2-3 minutes in the 5k to have any chance at the podium; however the navigation thing is an easier fix.

Overall this race was a great learning experience for me and the main thing I was happy with was having mostly good navigation in a big event such as EYOC."

Thanks Eddie! They are some great learning/reminders for any level of orienteer!



Eddie on the first leg of the relay at EYOC.

Junior World Orienteering Champs

Tide Fa'ave, Riley Croxford and Zefa Fa'avae raced at JWOC. I caught u with Tide to hear about her first JWOC.

“JWOC was an awesome experience and it was super cool to see what the orienteering culture is like on the other side of the world. The maps were very fun, with such nice runnable forests and wild blueberries!

I think that my Europe trip has massively improved my skills in orienteering. All the training and races we did meant I learnt more about different terrain and really focused on clean nav. Unfortunately, on the JWOC middle, on the second to last control I punched the boys control, which was about 30 metres away from the girls. Although I mispunched in the JWOC middle, I had a really good race and was overall really proud of my achievements.



My highlights were placing 8th with my forest relay team Kaia and Zara, and watching my brother Zefa race incredibly well throughout JWOC.”

Thanks Tide, and congratulations on your results!








Tide powering uphill mid race

Symbol of the month

Out of bounds

There's multiple mapping for out of bounds depending on what it is. The table below addresses them all, hopefully it helps.

Mapping symbology	Type (ISOM 2017)	Description
	Area that shall not be entered	An out-of-bounds area is a feature such as a private house, a garden, a factory or another industrial area. Only contours and prominent features such as railways and large buildings shall be shown inside an out-of-bounds area.
	Out-of-bounds boundary	A boundary which it is not permitted to cross. An out-of-bounds boundary shall not be crossed.
	Out-of-bounds area	An out-of-bounds area shall not be entered. An out-of-bounds area. A bounding line may be drawn if there is no natural boundary.
	Out-of-bounds route	A route which is out-of-bounds. Competitors are allowed to cross directly over a forbidden route, but it is forbidden to go along it.
	Crossing point	A crossing point can be used to show an allowable way through an out-of-bounds area or uncrossable boundary.

If you do enter an out-of-bounds area or cross an out-of-bounds boundary, return the way you came and find an alternative route.

Route Choice Challenge

Majority of the European racing season is behind us now, with just one World Cup to go. Included below are some route choice legs from earlier races including World Orienteering Champs and European Champs. Take a look, choose your route then keep reading for analysis.

Route Choice:

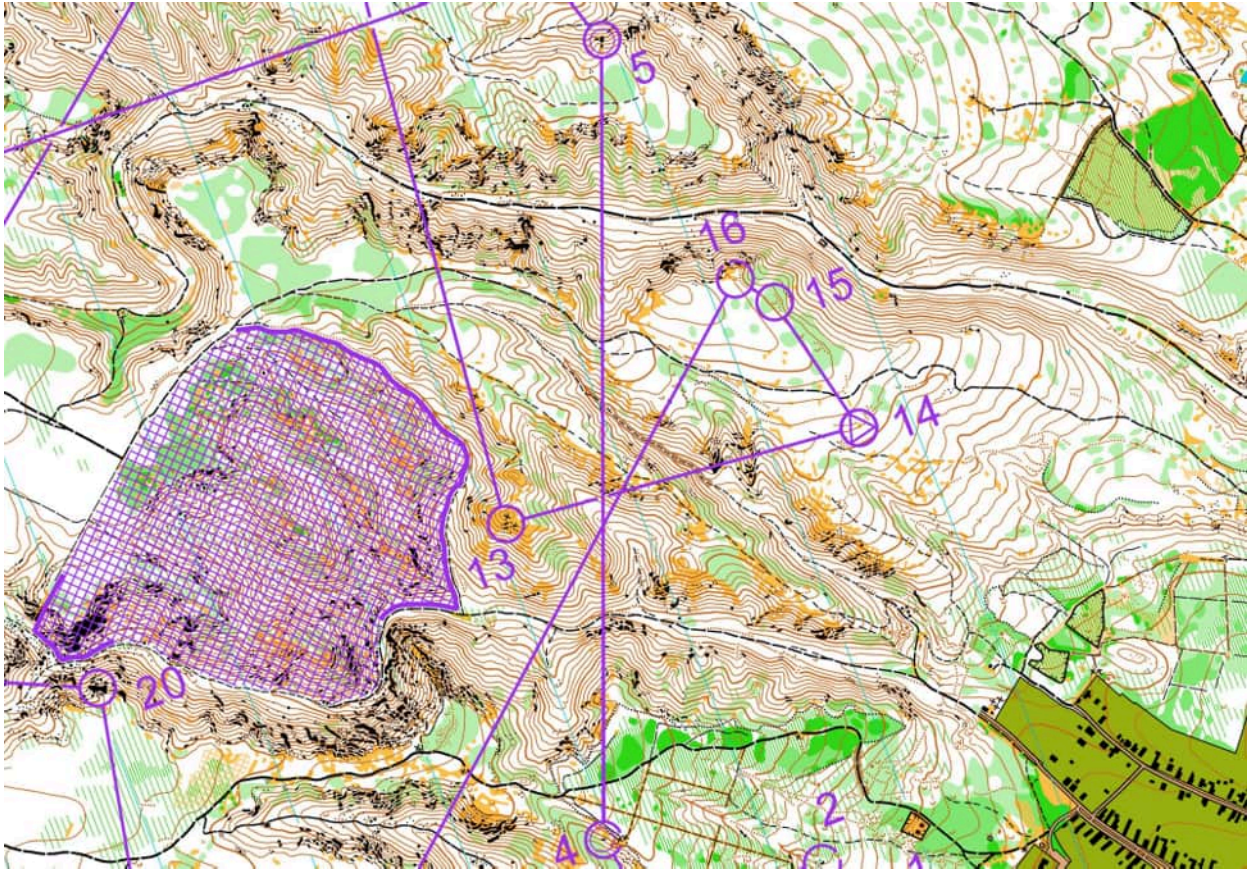
Leg 2 to 3 in the Mens WOC Sprint:



Leg 14 - 15 in the Mens WOC Sprint:

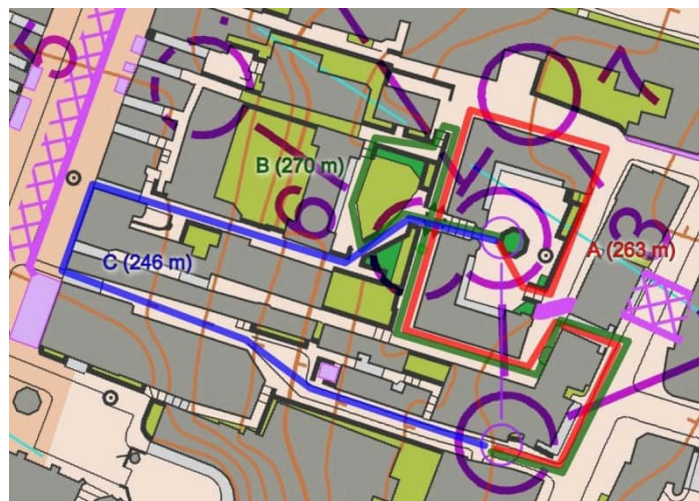


Leg 4-5 at EYOC (both men and women had this leg):



Route Choice Analysis:

Leg 2 to 3 in the Mens WOC Sprint:



Blue line is five to six times longer than green or red and has additional climb. There's probably not much between red or green

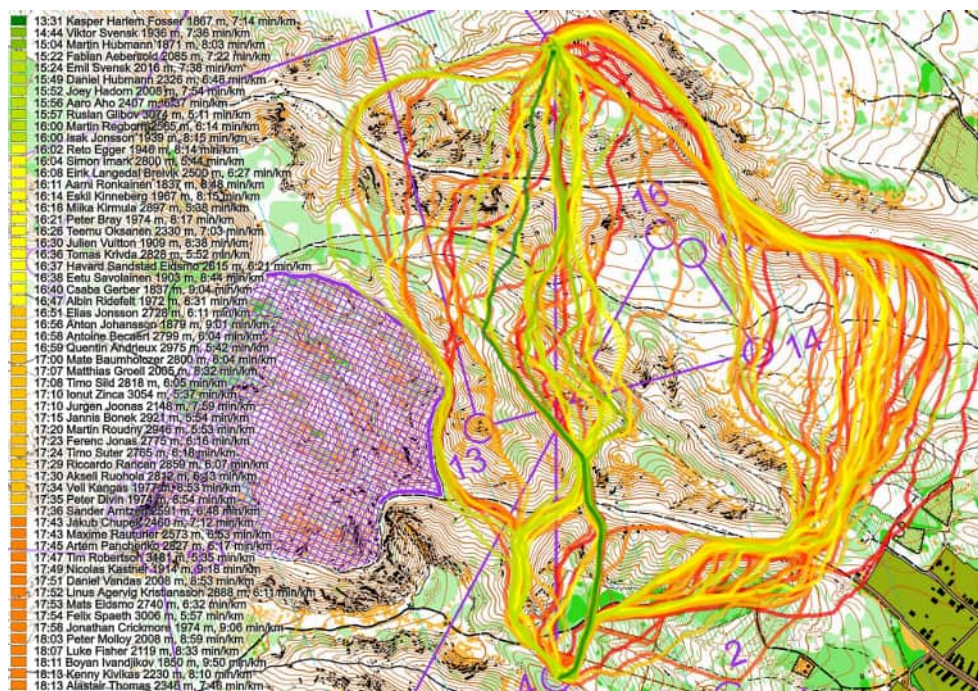
Leg 14 - 15 in the Mens WOC Sprint:



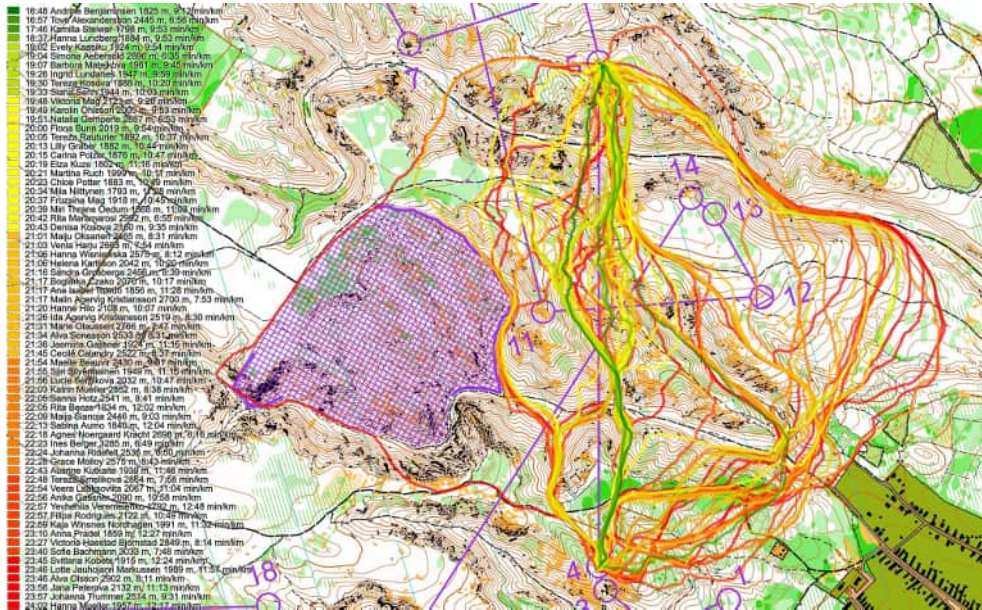
This leg ended up being quite a decisive one for the race. The central route was fastest - it had steep staircases but it is short and doesn't have too many 90-degree turns.

Leg 4-5 at EYOC (both men and women had this leg):

Men:



Women:



Similar patterns for both the men and the women on this leg, with the central route choice being fastest. The route choice to the right has a similar amount of climb to going straight, and is a lot longer.

Thanks for reading! See you next month.