

# October News

Kia ora,

The month kicked off with some quality racing over the ditch at the Australian Orienteering Champs, with some of our juniors racing in the NZ Schools team and getting some great results.

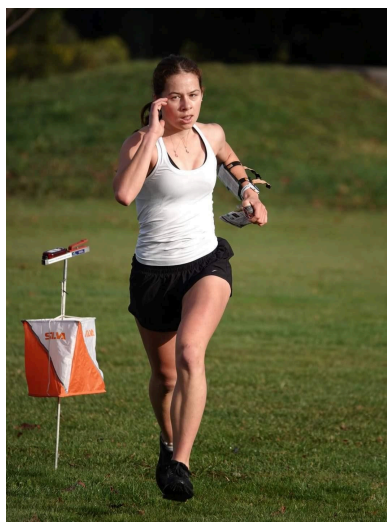
The month and year is drawing to an end, read on to see what NOC has in store for halloween - it's not one to miss! With the end of the year on the horizon, the committee is starting to look towards next year and planning for 2025. If you are interested in being involved more directly with club activities then please reach out - we are often constrained by our volunteer base, so if you would like to see more orienteering/rognaining happening then step up and plan a course or help with coordinating events. Being part of an event team is super fun and you have creative freedom to deliver an event how you want. I always find the process extremely rewarding and helps to improve your own orienteering skills.



## Upcoming Events

Event	Distance	Location	Date	Time	Categories	More Info
Halloween Rogaine	Sprint training, Rogaine	Waimea COLlege	31st October	5:30	Public	More info <a href="#">here</a>
Boyle River Weekend	MTBO and foot	Boyle River	16-17th November	TBA	Public	More info <a href="#">here</a>
Canaan Downs weekend	Training and OY	Canaan Downs	Saturday 23rd (Training) and Sunday 24th (OY) November	TBA	Public	More info <a href="#">here</a>
Rabbit Island Christmas and AGM	Short	Rabbit Island	Sunday 8th December	TBA	Public	More info <a href="#">here</a>
Oceania Orienteering Champs	Sprint, Middle, Long, Relay, Training	Manawatu-Wanganui	24-27th January	TBA	Championship and non championship categories	More info <a href="#">here</a>

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.



## Halloween Event

If you thought the rogaine season had come to an end, fear not. In the spirit of Halloween the club is hosting sprint training, followed by a vampire inspired themed rogaine at Waimea College. Training kicks off at 5:30pm, be sure to check out the [website](#) for more details.


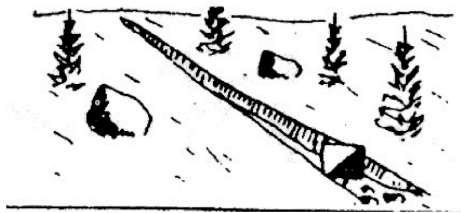
## Junior camp

Junior Camp for 2024 has been set for 13 - 18th December and will be in New Plymouth. It is designed for high school aged orienteers and is great for development. More information can be found at the [website](#), including applications.



## Symbol of the month

### Erosion gully

Map	Example Control Description	Text description	Terrain								
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15			∧								

## Australian champs

The Australian Orienteering Champs were held from 28th September to 6th October. Some local club members attended including some of our talented juniors who were selected for the NZ Schools team. Club member, Lani Murray, raced as part of the NZ Schools teams and has provided an insight on her experience below:

*"I spent the holidays competing in the AOC and ASOC with 7 races over 9 days in and around Armidale NSW. Despite being sick before and during competing I was pretty happy to come away with 3 medals and 4 very successful races. It was like deja vu as I had been really sick two years ago in Melbourne and was hoping I'd get over it fast, but it wasn't to be, so for the first 6 days I stayed with my parents to avoid getting anyone else in the team sick. I knew my best chance for a medal was the first event, a technical middle-distance race. Because of my slower pace, I found the navigation easy and had a clean run picking up a bronze medal (6 seconds behind 2nd which was a tiny bit gutting but I was pretty happy just being able to compete). Nika took out this event by 10 minutes awesome effort Nika.*

*As the days went on I was able to run a bit more and my brain wasn't so foggy. The second*



*last event was the Australian Long distance on the Saturday. We'd had a rest day Friday so I was hoping my body was up for it. It had some long running legs interspersed with short tricky controls over open farmland and dense prickly bushes. I had a good run and came 2nd. I followed this up the next day with a 2nd again for the W18 grade in the Sprint around the local University campus where I was able to navigate some technical split-level areas. This was a big improvement from the previous schools competition sprint the week before where my brain and body just weren't feeling it!*

*The NZSS team was split into 2 even teams to compete against each Australian state for points in the midweek schools competition. We placed first and second with only a point separating us and importantly ahead of all the Auzzies! Compared to the last 2 years there was way less wildlife about probably because it was much colder where we were based. I didn't see any snakes and only saw a few kangaroos but I did manage to spot a rock Wallaby and a few large skinks. It was great to catch up with my friends from around the country and ones I'd met in Australia the last 2 years. Big shout out to NOC for their travel grant and everyone who supported Micah and I at our Rogaine fundraiser. Also to my coaches and managers for the effort involved to make this happen."*



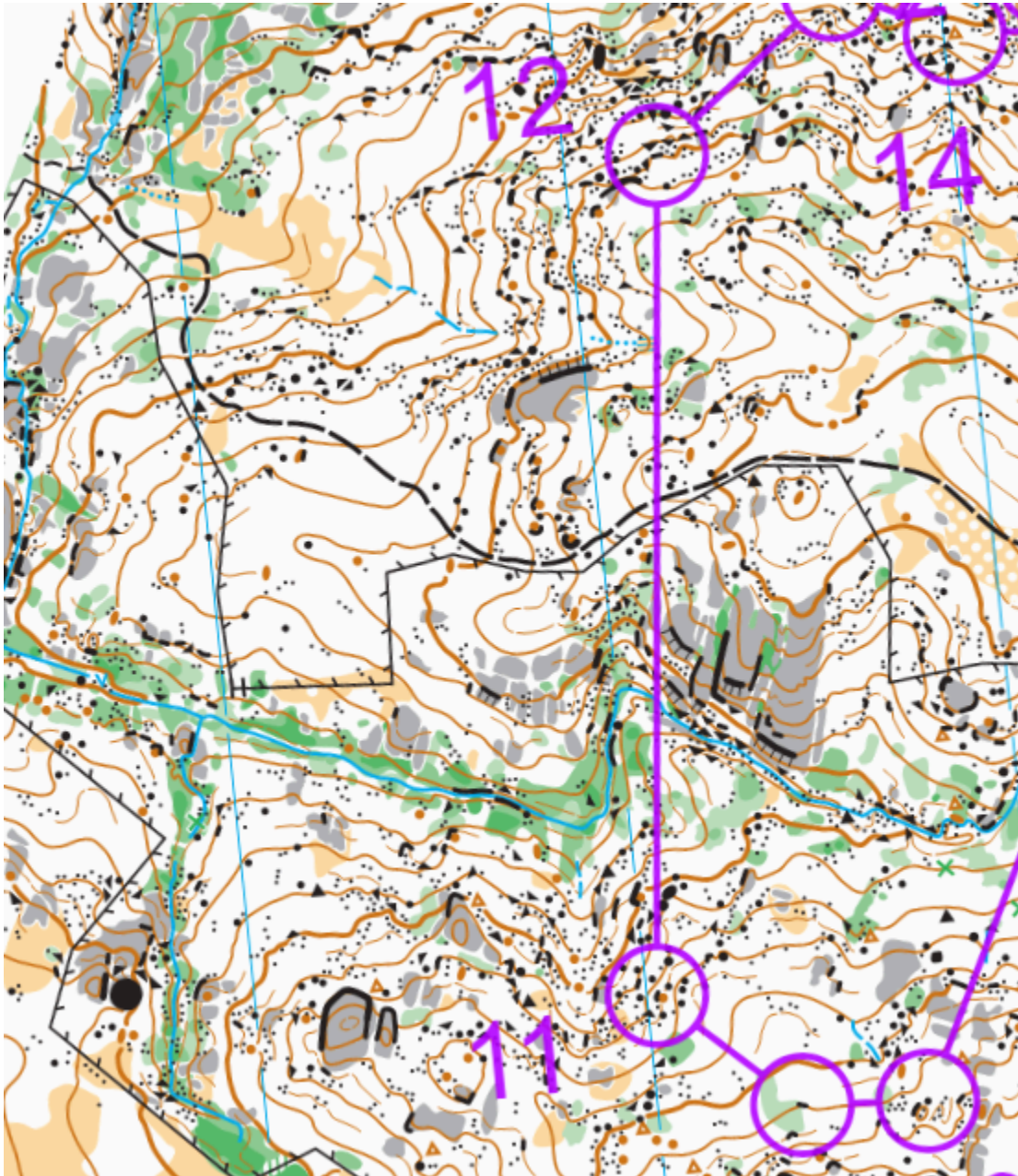
*Lani on the podium at the Australian champs*

## Route Choice Challenge

Keeping on the theme of the Australian Champs, there were some challenging legs in the forest. Have included some of these legs below, what would your plan be for the legs below?

### Route Choice:

Leg 11 to 12 in the Women's 20E middle distance:



Route Choice:

Leg 7 to 8 in the Mens 21E long distance:

