

Counties Manukau Orienteering Club Inc.

**Information booklet 2020.
Event Calendar and Membership Forms**

Website

www.cmoc.co.nz

President's Welcome – from incoming President Andrew Skelton

Hi everyone

Happy New Year. I hope you have enjoyed a relaxing time with family and friends over the festive season.

I am super excited and privileged to be starting 2020 as the new CMOC President and the first thing I would like to do is acknowledge the incredible work of our committee members and all other volunteers. All of these people contribute tirelessly with their time ensuring the club runs smoothly and progresses forward.

The CMOC club could not function without the volunteers who do anything and everything from organising and running events, updating maps, gaining permission from land owners, supporting training camps/encouraging young people to progress in the sport, logistics, equipment movements and the mountain of administration for club activities. The list is endless but I know I speak on behalf of all CM Orienteers in saying a huge thank you, in particular, to Ruth, John, Val, Sarah, Brian, Unni, Bev, Lyndsey, Martin, Rolph, Monique and Matthew just to name a few.

We have a big year ahead starting in February with the School Sprint series in East and South and also hosting two major events this year. We have the "North Island Secondary Schools Championship in April and Auckland Regional Club Championships in November along with other smaller events you will see in the calendar.

Orienteering New Zealand started the year with a Sprint festival and WOC trials in New Plymouth on Anniversary Weekend. Club Nationals are in Palmerston North in April.

As always help in running events is much needed and much appreciated. It is also a fantastic opportunity to get to know our wider club members and gain some of the vast amount of experience and knowledge within the club (good chance to get some tips for that ever improving perfect race)

Hoping to get to meet as many of you as possible out in the forest or at various events in 2020. This is a fantastic sport and it's our aim to get increasing numbers of all ages enjoying it.

All the best and see you out there

Andrew Skelton
CMOC President 2020

Presidents Report 2019 - from Outgoing President Sarah Steel

This has been a very busy year with many events held and achievements made both in NZ and internationally. Our membership is rising and we have more competitors competing on a regular basis. It is nice to see club members travelling out of our area, both in the Auckland region and further afield.

The year started again with the school sprint series, with participation numbers still on the way up. We also ran forest training sessions to give students experience out of school grounds and prepare them for forest orienteering events. Training in primary and secondary schools is still the main way we get local children involved in the sport, with many of these competing in East, Counties and Franklin Zone Year 7/8 competitions with the best going on to the Auckland Interzone final. Thank you to our Kiwisport provider, CLM Counties Manukau, for funding these activities.

We ran 3 AOS events at Waiuku Forest, Totara Park and on a new map at Tapapakanga Regional Park. This is one of the many new maps the club is investing in to give us new terrain to run on. A group of club members travelled to Oamaru for the National Club Championships. Most of the group stayed in the same motel and shared transport which was great as a team builder and members achieved great results. Internationally the club had members attend many events, in some cases as selected representatives of New Zealand. Members of the Skelton Family competed at World Championships, with Georgia competing again for New Zealand at the Junior World Mountain Bike Orienteering Championships in Denmark. She also represented New Zealand, along with Kurtis Shuker, at the Junior World Orienteering Championships a few weeks earlier in Denmark. Greta Knarston was selected to represent New Zealand at the World Orienteering Championships in Norway with Daniel Wood and Georgia Skelton competing, as members of their school teams, at the Secondary School World Championships in Estonia in April. We had the largest contingent of members ever attending the Australian and Oceania Championships, which was a combined festival of orienteering. Many achieved personal best placings and for some, it was the first time competing at an international event. We now have in the club as Oceania Champions John Robinson, James McGuire and Frances Peat. Alongside the Australian Club Championships there is an interstate secondary school championship in which New Zealand participates as a surrogate Australia state, fielding two teams. Juniors from our Club were included in the NZ Schools Teams with the teams achieving both 1st and 2nd placings in the competition.

A series of park events was held in Term 4 in Pukekohe, with an increase in numbers attending, compared with previous years. Many of those attending have now joined the club. This year, for the first time, two similar events were held in the eastern area (Howick/Pakuranga).

The club had five nominations as finalists in Counties Manukau Sports Achievements Awards this year: Club, Junior Sportswoman (Georgia Skelton), Administrator (Ruth Farmer), Community Sportsperson (John Robinson) and Masters Sportsperson (John Robinson).

Over the last few years a lot of effort has been put into developing the East area of the club (Howick/Pakuranga/Flat Bush). The effort has paid off with more members who are now providing local training activities and park events. Thank you to all those who have helped at events this year and thanks also to the committee for their support.

Sarah Steel
President 2019

ABOUT CMOC

CMOC is a small, friendly club with a whole range of abilities from walkers to the elite, fast runners.

Several club members have competed at international level for NZ in 2019:

Georgia Skelton: JWOC and JWOC Mountain Bike Orienteering

Kurtis Shuker: JWOC

Daniel Wood - NZ SS team against Australia

Greta Knarston - WOC

We also have a fantastic group of junior members who do extremely well in school competitions and at local and national orienteering events. Then there are the rest of us!

Coaching

Coaching and advice is provided at all our events. Special coaching days also take place during the year, all are welcome, and they will be advised by email and on our club website. Make the most of the opportunity to improve your skills.

All our events are suitable for all levels of orienteering skills from beginners to elite.

ORIENTEERING EVENTS

Club events:

White to red courses will be available (easy to harder courses)

Start times are between 10.00am -11.30 with courses closing at 1.30 pm and controls removed from this time. If you are still out on the course, please return to the finish. These events can be held in the forest, parks or on local farms.

Summer Series:

Everyone is welcome at any of the Summer Series venues. Instruction and coaching is available. Start any time from 4.30pm to 6.30pm. Locations and days:

Pukekohe - 9 events - Wednesdays through October, November & December - These events are held around the reserves and parks of Pukekohe

Eastern Zone - provisionally 2 events - Thursdays in November (maybe more)

See our website for all dates and venues

Cost for Summer Series and low-key club events

Adults: \$5.00

Juniors and Students: \$5.00

Family Maximum: \$15.00

SCHOOL EVENTS

For further information on these events (either participating or helping at) contact: John or Val Robinson Ph 09 2386911

Email: johnandval78@gmail.com

Secondary school students have several competitions ranging from after school to Regional, North Island and National Championships. There is also the possibility of international competition against Australia State teams.

The six race secondary school sprint series is held after school using local schools as course venues. This series is open to students from Year 7 to 13. Southern zone events are on Mondays and Eastern zone on Tuesdays, with races from mid-February to the end of March. See CMOC website, the CMOC Calendar or College Sport for more information. Entry for school events is through your school sports coordinator or designated teacher in charge of orienteering.

Primary schools have training sessions provided through their school. Students are encouraged to attend some of the summer series events as training and experience.

Intermediate schools have zonal competitions in the Counties Manukau region for selected students. The best students are then selected to go through to the Auckland interzone championship. The schools will provide information on these events if your child is selected.

AUCKLAND REGIONAL A SERIES EVENTS (AOS)

A series of 10 races are held through the year by the three Auckland clubs - Counties Manukau, Auckland and North West. This AOS Series is open to all club members. Information will be published on our website and individual event information emailed to all club members.

Event 1 - CMOC - 8th March 2020

Event 2 - NWOC - 21st March 2020 (Saturday)

Event 3 - NWOC - 22nd March 2020

Event 4 - AOC - 5th April 2020

Event 5 - CMOC - 21st June 2020

Event 6 - NWOC - 5th July 2020

Event 7 - NWOC - 2nd August 2020

Event 8 - CMOC - 16th August 2020

Event 9 - AOC - 6th September 2020

Event 10 - NWOC - 20th September 2020

Costs for AOS Events run by CMOC

ONZ Club Members	Non-Club Members
Adults: \$15	Adults: \$25
Junior and Students: & Seniors +65 \$10	Juniors and Students & Seniors +65 \$15
Family: \$30	Family: \$50

Costs for events run by the other two clubs are set by those clubs.

OTHER COUNTIES MANUKAU EVENTS

All club events and training days are on our events calendar and on the CMOC website. *Please check our web site for any changes.*

NATIONAL AND REGIONAL CLUB CHAMPIONSHIPS

These are the major events on the national orienteering calendar, and you must be a club member affiliated to the Orienteering NZ to take part. Orienteers come from all over the country to participate in these events and it is an opportunity to pit yourself against some of the best in your grade.

It is necessary to pre-enter, and entry forms are on the organising club's website. Closing dates are normally about 2 weeks prior to an event, although it is sometimes possible to enter later by paying a late entry fee. Start times are pre-determined. They usually take place across long weekends such as Easter, Queens Birthday and Labour Weekend and the events can be held by any of the NZ Clubs.

NB: Check the event page on Orienteering NZ (<https://www.orienteering.org.nz/events/>) for entry details and venues, or ask a senior club member for information. We try to notify all club members once the events open for entry via email so that you are aware it's time to enter.

COURSE DESCRIPTIONS

What do those colours mean?

White Course - No route choice is offered. Doglegs are permitted. M/W -12A, M/W -14B

Courses follow linear features drawn on the map. These are such things as tracks, roads, fences, and streams (these are called handrails). A control site is located at every decision point (for example, a turning point, or a change in the type of linear feature - e.g. from following a track to following a stream). All control markers will be visible from the approach side. Where a course has to deviate from the handrail feature (for example, to cross a forest block), the route **will be marked all the way** until a new handrail feature is reached. The start triangle will be on a linear feature. In forested areas, if no such feature is available, then there will be a taped route all the way from the start triangle to a linear feature (that is, the first control). Compass, if used, is limited to map orientation only.

Yellow Course

Yellow courses are designed to give you limited route choice and limited compass use for rough direction only. Control sites will be on or near (less than 50m) drawn linear man-made or water features, and not at turning points. This gives you the opportunity to follow handrails or to cut across country. Control sites will be visible from the approach side by any reasonable route. In main competitions used for: M/W-14A, M/W-16B, adult C grades.

Orange Course

This course will have route choice with BIG attack points near the control sites and/or catching features less than 100m behind. Control sites can be small point features and the control markers are not necessarily visible from the attack point. Exit from the control should not be the same as the entry (no doglegs permitted). Simple navigation by contours and rough compass with limited pace counting required. Use of a chain of prominent features as "stepping stones" to complete a leg is permitted. In main competitions these courses are used for M/W17-20B and adult B grades.

Red Course

Navigation will be as difficult as possible, using small contour and point features as preferred control sites (no obvious attack points, no handrails etc). Control sites will be placed in areas rich in detail, and before but not close to, a large catching feature. Route choice will be an important element in most legs. No doglegs permitted. In main competitions used for M/W16A grades and above (for both long and short courses) plus elite grades.

International Control Description Symbols

These are standard and universal symbols used to describe control sites all over the world meaning there is no need to know the local language to compete. A copy of these symbols and examples of control site descriptions are available at the caravan **at no cost** to club members. It also includes frequently used orienteering words like re-entrant, spur, knoll, thicket, etc. Before starting an event always check any terms or symbols that you are unsure of; this vital piece of information may make finding the control a little easier.

GENERAL INFORMATION

What to wear for an event: shorts and t-shirt are fine for a farmland event. In the forest you may want full arm and leg cover to prevent scratches, especially from cutty grass found in some locations. Footwear should be something comfortable to run in. Having a good grip can be important and 'special' orienteering shoes are available - usually for sale at bigger events or online.

Special orienteering suits made of lightweight nylon are also available online e.g. at Masport (<http://www.mapsport.co.nz/shoes.html>) or Grassy Knolls Outdoors (<https://www.grassyknoll.co.nz/all-products/apparel>) (trimtek brand) and CMOC has its own distinctive orienteering top for purchase. The club subsidises the cost of CMOC orienteering tops for Juniors. Enquiries about the CMOC tops should be made to the secretary or email info@cmoc.co.nz.

For forest events, and some farmland events, it is wise to have a compass. Ask an experienced orienteer for advice as to which sort to get. Also check out how orienteers attach their clip cards and control descriptions for the run.

For regional and national events a special memory stick (known as Sportidents) is used by each orienteer to record visits to each control. Once the stick is downloaded at the finish, the course time can be calculated and confirmation given the correct controls for the course have been visited. You can hire one of these from the club or purchase your own. Ask at the caravan about this; the club usually has a stock of Sportidents for sale.

Arriving at a CMOC or local event where pre-entry is not required: Get there in good time. Find the information caravan where the day's courses are usually displayed. Decide which course to do then pay for your map at the caravan. Next find the table with the control descriptions (which tell you what feature the control flag will be on). Choose a start time and go to the start several minutes before you are due to start.

Enjoy yourself! Get to know the other members of the club; everyone is happy to offer friendly advice.

Check out www.orienteering.org.nz for more information on orienteering and for details of all events in New Zealand.

HEALTH AND SAFETY POLICY

Counties Manukau Orienteering Club is committed to providing an enjoyable and safe environment to all participants at every orienteering event.

Club Responsibility:

- Ensure all participants are aware of any significant hazards that they can be expected to encounter while taking part during the event (refer to the Hazard ID form which is displayed on the notice board beside the caravan window)
- Have procedures in place that can be followed in the case of injury and illness (refer Emergency Procedures form displayed in the caravan)
- Have procedures in place that can be followed in the case of a participant becoming lost or missing (refer Search and rescue form displayed in the caravan)
- Ensure that all Organizers and Controllers are aware of the above procedures

Participant's Responsibility:

- Read all notices concerning the special hazards that may be associated with the event
- Obey all instructions and warnings
- Keep clear of any plant or equipment
- Keep clear of any unauthorized areas or farm buildings
- Avoid disturbing livestock and keep away from all work activities
- Not allow children to wander unsupervised
- Carry a whistle -this is for your own safety and that of others you may encounter who need help.
- Notify the organizers of any health problems. eg diabetes, asthma, angina etc
- Be aware of your surroundings and other runners

Landowners Responsibility:

Landowners are not responsible for the natural hazards and risks associated with orienteering and attendant activities.

We are dependent on the goodwill of our landowners for use of their property and land.

Please take your responsibilities as a participant seriously and ensure you only leave your footsteps behind.

COUNTIES MANUKAU ORIENTEERING CLUB INC

Why join us?

1. You become part of a friendly group of people who provide enjoyable physical activity for the community
2. You get all the information needed to take part in all orienteering events in your community and throughout the country.
3. Your secondary school students get an opportunity to go to national orienteering training camps which increase their skills greatly and they meet fellow orienteers from throughout the country. The club pays up to half the students cost of the camp on application.
4. You can take part in any orienteering event run anywhere in New Zealand or overseas. Within New Zealand national policy is that event fees are discounted for those who are members of any O club.
5. You can attend club training weekends or days at no cost.
6. The club will teach you how to set courses, make maps or any other part of orienteering administration that you would like to take part in.
7. When your skills are developed enough you or your children may be selected to represent New Zealand overseas. These teams are Secondary School. World Junior Championships and World Championships. The club helps these team members financially. We have had a lot of members make these teams in the past. One of your family could be next.

KEY CMOC COMMITTEE MEMBERS 2020

Club President	Andrew Skelton	Phone 027 4724215 Email president@cmoc.co.nz
Club Secretary	Ruth Farmer	Phone 027 571 9543 Email: ruthmlfarmer@gmail.com
Club Treasurer	Rolph Watson	Phone 027 6992495 Email: Rolph.Watson@iag.co.nz
Membership	Callum Farmer	Phone 027 571 9543 Email: info@cmoc.co.nz
Kiwi sport director	John Robinson	Phone- 09 2386911 Email: johnandval78@gmail.com
Equipment officers	Bev & Lyndsey Shuker	Phone - 09 2359828 Email: shuker@farmside.co.nz

CMOC ANNUAL SUBSCRIPTIONS 2020

Membership runs from January to December. Forms and membership fees should be returned by the end of March. To be able to run under CMOC at Nationals membership needs to be paid. At local event membership must be paid for you to be eligible for discounted event fees

Category	Rate
Juniors (under 21 years at end 2017)	\$15
Senior (over 21 years but under 65)	\$30
Family (no more than 2 adults, any number of juniors)	\$45
Student -in full time tertiary education	\$20
Over 65 on 31.12.2017	\$20
Over 65 family	\$35

Membership includes (per household) affiliation to the NZOF (NZ Orienteering Federation). It's important that subs are paid before any championship competition, before representing the club in a relay team or before you compete in any 'AOS' events (if you wish to score points and not be charged a higher entry fee).

PLEASE NOTE:

This year we are asking that all members complete and return a membership form (on following page) so that we can confirm we have all the most current contact details for our records.

If you paid membership as part of the 2019 Summer Series you are not required to pay a further membership fee for 2020 but we ask that you note this on the completed membership form.

CMOC MEMBERSHIP FORM 2020 - PLEASE COMPLETE

Send your subscription cheque to: **Callum Farmer, 5 Tonkin Place, Buckland, Pukekohe 2677**

Or Pay direct in to our bank account: **Counties Manukau Orienteering club ASB 123052031168000 - include reference details on bank payments: family name and type of subscription - "family sub", "senior sub" "junior sub"**

FINALLY: please complete the following membership form - Post to Membership Secretary Callum Farmer, 5 Tonkin Place, Buckland, Pukekohe 2677 or email to info@cmoc.co.nz

First Name	Last name	Year of Birth	Subscription

Postal Address _____

Telephone _____

Email _____

Date you first joined the Club _____

CMOC Region you attend most events in - Eastern/Southern/across both

This information is used for the organisation of club activities in accordance with the privacy act and for national administration of the sport.

Do you consent to having this information published? Y /N

All orienteering events contain features that are potential hazards to safety -cliffs, fences, pits, roads and so on. These terrain features are marked on the maps used. Particularly hazardous areas are marked out of bounds. Some hazards may be drawn to your attention on a notice at an event. By participating in the sport, you acknowledge the existence of hazards as a normal part of orienteering and agree to exercise due care.

Signature

Date

CMOC EVENTS CALENDAR 2020

All events and Club training days are on our events calendar as well as the ONZ website or CMOC website. We endeavour to send out reminders of upcoming events and any changes to event details that we are made aware of but: *Please ensure you check web sites for any changes before you set off to the event.*

Secondary and Intermediate Sprint Championships

South Auckland

Date	Venue
17 th Feb	Wesley College
24 th Feb	Papatoetoe High
2 nd March	Pukekohe High
9 th March	Rosehill College
16 th March	Manurewa High
23 rd March	Strathallan AGC

East Auckland

Date	Venue
18 th Feb	Farm Cove Int
25 th Feb	Mission Heights
3 rd March	Pakuranga College
10 th March	Bucklands Beach Int
17 th March	Howick College
24 th March	Macleans College

AKSS Sprint Final – Sunday 29th March by invitation

2. Zone Championships - Primary and Intermediate

31 st March	South East Zone	Lloyd Elmore
30 th April	Counties Zone	Botanical Gardens
1 st May	Franklin Zone	Reeves Farm
12 th May	Interzone Final	Cornwall Park

3. AUCKLAND SS Relay Championships

TBC

4. AUCKLAND SS Individual Championships

Thur 7th May

5. QB Schools Regional Challenge

Sat 30th May to Mon 1st June AOC

6. Auckland SS Rogaine Championships

Tues Sept 22nd CMOC

7. North Island SS Championships (NISS) incl Yr7/8

Wed 22nd April – Sprint CMOC
Thur 23rd April – Individual Hosting
Fri 24th April - Relay

8. New Zealand SS Championships (NZSS) incl Yr7/8

Thur 16th July – Sprint Hawkes Bay
Fri 17th July – Individual Hosting
Sat 18th July – Relay

9. New Zealand SS Rogaine Championships – TBC

10. Australian Carnival - 26th Sept to 4th October to be held in Tasmania

Counties Manukau Orienteering Club Programme for 2020

Sun 9 th /16 th /23 rd Feb	Club Training days	CMOC
Sun 8 th Mar	AOS 1	Tapapakanga Park CMOC
Sat/Sun 14/15 Mar	Katoa Po	Night Relay
Sat 21 st Mar	AOS 2	NWOC
Sun 22 nd Mar	AOS 3	NWOC
Sun 5 th April	AOS 4	AOC
Fri 10/Mon 13	NZ Club Champs	(Wellington)
Wed 22/Fri 24	NISS	CMOC
Sun 24 th May	AOS 5	CMOC
29/30 May 1 st June	QBW	AOC
Sun 14 th June	Training Day	CMOC
Sun 21 st June	Rogaine	CMOC
Sun 5 th Jul	AOS 6	NWOC
Sun 2 nd Aug	AOS 7	AOC
Sun 16 th Aug	AOS 8	CMOC
Sun 6 th Sep	AOS 9	AOC
Sun 20 th Sep	AOS 10	NWOC
26 th Sep/4 th Oct	Australia Champs	
24 th /26 th Oct	Labour Weekend Event	South Island
7 th /8 th Nov	Auckland Champs	
17 th Dec	Training Day	CMOC

** Auckland Club Relays TBC **

For further details on CMOC events, including venues, go to <https://www.cmoc.co.nz> or <https://www.orienteering.org.nz/events/> for all events.

All Club Events start from 10am till 12 noon with Control pick-up from 1.30pm

Orienteering Academy

The academy is designed to create training opportunities leading up to major events. To utilise the skills learnt by our JWOC and WOC members in taking our best orienteers to a new level. To enable us to do this we want to develop a training programme that includes a major training day each month. We also encourage parents and carers of students to develop their own skills and invite you to take part wherever you can.

To receive financial assistance from CMOC to assist you when attending camp and overseas competitions you need to show commitment to the club and our programmes.