



**Counties Manukau Orienteering
Club Inc.**

**Information booklet 2017.
And membership forms**

Website

www.cmoc.co.nz

Counties Manukau Orienteering Club President's Report 2016

Thank you to all the club members who have contributed to the running of the club over the last year. It is an extremely busy club that particularly provides for young people but also gives opportunities for those more advanced in years to participate.
Special thanks to the Executive Committee:

Diana O'Brien (Secretary), Ross Brighthouse (Treasurer), Bev Shuker, Lyndsay Shuker John Robinson, Val Robinson, Brian Long, Martin Peat, Unni Lewis, Sarah Steel, Lisa Schloots, Dale Hollands, John Powell, Wayne Aspin, Patricia Aspin.

The year can be divided into three separate blocks:

- (1) A school program funded by Kiwisport at the start of the year. 63 days of coaching was provided for a record number of 5422 primary, intermediate and secondary school students. 2987 school students participated in competitions with an average attendance of 230 students. Zone and Interzone championships were held for the Primary and Intermediate school children. Weekly competitions (6 in each zone) were held in East Auckland and South Auckland secondary schools during Feb-March followed by 3 Zone and one Interzone Final in Apr-May. To enable the Kiwisport school program, 37 maps were either created or updated.
- (2) A classic, mostly forest orienteering program in the middle half of the year, which is run in conjunction with the Auckland and North-West orienteering clubs. Counties contributed 3 Winter "A" series events and one rogaine.
- (3) A 10-week Summer Sprint series held at the end of the year, from 12th October -14th December, based in Pukekohe.

In all, the club ran 35 events in 2016 with 17 being for school students.

We continue to have success at the National competition with seven 1st places, five 2nd places and five 3rd places during the NZ Champs in Nelson at Easter. (Experienced orienteers are always willing to help share their experience with others, both good and bad experience, since it is all good learning for everyone).

Counties Manukau Orienteering Club was a Finalist in the Counties Manukau Sports Foundation Excellence in Sports Awards as club of the year. Martin Peat was a Finalist in the Counties Manukau Sports Foundation Excellence in Sports Awards and Martin was selected as the Administrator of the Year.

Planning continues as we prepare to host the Oceania Middle Race for Oceania 2017 on Easter Monday 17th April. If any club members would like to provide food catering for this event which will attract at least 1000 competitors then this would provide an ideal fundraising opportunity. This could be used to fund juniors to travel to other events or some other activity within the club. Next year we will also be hosting the Auckland Orienteering Championships at Pongau Road during 7-8 October.

During the year we adopted a Strategic Plan, based on a sports club template provided by Counties Manukau Sport and brought to us through the hard work of John Robinson. This Plan gives us a framework to develop the club over the next 3 years. One facet of this plan is to develop a number of subcommittees in the club to help run particular parts of the club. The implementation of this Plan was one of the key requirements for us to be able to approach sponsors for funding.

As part of this Strategic Plan we continue to promote the "All-in" club motto and ask all club members to help the club in some way. We aim to make orienteering enjoyable for everyone.

Bruce Peat
President 2016

About CMOC

We are a small, friendly club with the whole range from walkers to very good, fast runners.

Several club members have competed at international level for NZ in 2015:

Sonya Holland, Junior World Orienteering Champs,
Matthew Goodall, Junior World Orienteering Champs
Danielle Goodall, Junior world orienteering championships
We also have a fantastic group of junior members who are doing extremely well in school competitions and at regular orienteering events. And then there are the rest of us in the middle!

Coaching

Coaching and advice is available at all our events. Special coaching days will take place during the year and they will be advised by email and on our club website All are welcome. 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

Summer series events 2017 - Wednesdays October, November & December

You may start any time from 4.30pm to 6.30pm.

These events are mainly around the Pukekohe parks.

CMOC organised events 2017

Club events:

You can start anytime between 10.00am -11.30.

The courses will close at 1.30 pm, which means controls will be removed from this time. If still on your course, please return to the finish.

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

These events are held in the forest, parks or on local farms.

As for the summer series everyone is welcome. Instruction and coaching is available.

See our website for dates and venues

Cost for summer series and low key club events

Adults: \$5.00

Juniors and Students \$5.00

Family \$10.00

Enquiries to a club official, info@cmoc.co.nz

or view our website www.cmoc.co.nz

School Events

For further information on these events (either participating or helping at) contact:

John or Val Robinson Ph /Fax 09 2386911

Email: johnandval@clear.net.nz

See www.cmoc.co.nz for venues and dates.

Secondary schools have several competitions ranging from after school to regional to North Island to National champs and even international against Australia

Entry forms are available through college sport website or your school sports coordinator.

Secondary school sprint series are after school sprint events that are held in local secondary school, Southern zone on Mondays, Eastern zone Tuesdays February and March.

See website or College sport for more information.

Primary schools have training at their school. Students are encouraged to attend some of the summer series events as training and experience. Each school is in a zone and the schools take part in a zone championship which the school enter their selected students for. These are organised on a school day. The best of these students are selected to go through to the Auckland inter zone championship. The school will give you this information if your child is selected. See flier for date and venue

Counties Manukau Club & Auckland regional A series events

This is a series of 9 races held over the year to find the 'Orienteer of the Year'. The best 6 performances count and the person in your grade with the most points wins.

Everyone who is a member of the club can participate in the AOS series. Information about the AOS system will be published on our website and emailed to all club members.

19th March AOS 1 NWOC Waioneke Woodhill

26th March AOS 2 CMOC Waiuku Forest North

7th May AOS 3 AOC Woodhill

9th July AOS 4 NWOC South Block Woodhill

30th July AOS 5 Telephone track Woodhill

27th August AOS 6 CMOC Plantation

10th September AOS 7 White Lines Woodhill

17th September AOS 8 CMOC Waiuku Forest South

15th October AOS 9 NWOC Slater Road Woodhill.

Counties Manakau other events

14th May CMOC Rogaine Sunset Station Port Waikato

7th/8th October Auckland Champs Ponganui Road

Please check our web site for any changes.

There are other club events and training days on our website and on our events calendar which is attached.

CMOC

Costs for AOS Events

AOS events

NZOF Club Members	Non-Club Members
Adults: \$15	Adults: \$24
Junior and Students: \$8	Juniors and Students: \$13
Family: \$25	Family: \$40

National and Regional Championships

These are the major events on the national calendar and you must be a club member affiliated to the NZOF to take part. They are often run on new maps or on very good older maps. 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. Courses are pre-marked on the maps and your start times are pre-determined.

NB: Check the event page on orienteering.nz for entry details and venues, or ask a senior club member for information.

Course Descriptions

What do those colours mean?

WHITE COURSE

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

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 fairly small point features and the control markers need not necessarily be 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 with 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, and 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: all other A grades including and above M/W16A (includes both long and short courses), also elite grades.

International Control Description Symbols

These are the symbols, which are used to describe control sites. Wherever you orienteer in the world, these symbols will be used and 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 free for club members. It also includes words like re-entrant, spur, knoll, thicket, etc. which frequently come up in orienteering conversation.

Before you start an event always check out any terms or symbols that you are unsure of, as 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. Footwear -something comfortable you can run in. Having a good grip can be important and 'special' orienteering shoes are available -usually for sale at bigger events.

Special orienteering suits made of lightweight nylon are also available and CMOC has its own very bright orienteering top.

As you get better invest in a compass -but ask a few orienteers advice as to which sort to get.

Also check out how orienteers attach their clip cards and their control descriptions.

Major events use an ident stick instead of clipping a card to prove you have been to the correct controls. You can hire one of these from the club or purchase your own. Ask at the caravan about this item.

Arriving at an event. Get there in good time. Find the information caravan where usually the day's courses are 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 will offer friendly advice.

Check out our website www.cmoc.co.nz or www.nzorienteering.com for more information on orienteering, and orienteering nz 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

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, so please take your responsibilities as a participant seriously.**

Counties Manukau Orienteering Club Inc

Why join this club?

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. You pay half price for major events run by the club.
4. 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 half the students cost of the camp.
5. You can take part in any orienteering event run anywhere in New Zealand or overseas.
6. You can attend club training weekends or days at no cost.
7. 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.
8. 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.

Club President;	Sarah Steel	Phone 09 2391499 Email woodpigeon@paradise.net.nz
Club Secretary;	Ruth Farmer	Phone 09 5520541 Email : Ruth.Farmer@hynds.co.nz
Club treasurer;	Ross Brighthouse	Phone 09 2359 518 Email brighthouse@clear.net.nz
Club membership;	Lisa Schloots	Phone- 09 2334461 Email- schloots@xtra.co.nz
Kiwi sport director	John Robinson	Phone- 09 2386911 Email : johnandval@clear.net.nz
Equipment officers	B & L. Shuker	Phone - 09 2359828 Email shuker@farmside.co.nz

CMOC Annual Subscriptions 2017

Membership runs from January to December. If you join after July, you pay a reduced subscription. If you join after September, you pay one full subscription for membership to the end of the next year.

Category	Rate
Juniors (under 21 years at end 2016)	\$10
Senior (over 21 years but under 65)	\$30
Family (no more than 2 adults, any number of juniors)	\$40
Student -in full time tertiary education	\$20
Over 65 on 31.12.2016	\$20
Over 65 family	\$30

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 'OY' events (if you wish to score points and not be charged a higher entry fee).

Send your subscription cheque to: Lisa Schloots, 100 Brewster Rd,
R.D.1 , Tuakau

Or pay direct in to our bank account: Counties Manukau Orienteering
club ASB 123052031168000

Please provide as reference details for us, the family name and type of subscription e.g "family sub", "senior sub".

First Name	Last name	Year of Birth	Subscription

Postal Address _____

Telephone _____

Email _____

This information is used for the organisation of club activities in accordance with the privacy act. The Auckland Orienteering clubs annually publish the contact details of club members with their consent. This is for the information of all orienteers in Auckland. 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 particular hazards may be drawn to your attention on a notice at an event. In participating in the sport you acknowledge the existence of hazards as a normal part of orienteering and agree to exercise due care.

Signature

Date

This form needs to be sent to Lisa Schloots, 100 Brewster Rd, R.D. 1, Tuakau or emailed to schloots@xtra.co.nz whether paying by cheque or direct into the bank a/c.