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CMOC: Counties Manukau Orienteering Club

March 2022 Newsletter

Upcoming events >>>

3 March	SummerNav: Auckland Domain, Grafton
5 March	SummerNav: Hamlins Hill Night Event, Penrose
9 March	SummerNav: Lloyd Elsmore Park
10 March	CMOC Committee Meeting
12-13 March	Katoa Po 2022 Night Relays/Rogaine in Taupo
15 March	SummerNav: Western Springs Reserve (Stadium Road)
19 March	AOS2: Wilson Road, Woodhill Forest
20 March	AOS3: Lake Kereta, Woodhill Forest
27 March	CMOC EVENT! Academy Rogaine: Pukekohe
3 April	AOS4: Muriwai
9 April	AOS5: Riverhead
15-18 April	NZOC 2022, Nelson
24 April	AOS6: TBC
29 April-1 May	North Island Secondary Schools Champs



Get the latest on CMOC and national events:

cmoc.co.nz/event-directory

From our co-presidents

In our 2021 Presidents' Report, we reflected how proud we are to be the best orienteering club in NZ. The philosophy of providing service to our communities sometimes seems dwarfed by the sense of entitlement we see in the news and social media, but it is incredibly strong in the Counties Manukau Orienteering Club (CMOC). Orienteering is a special sport you can participate in from almost any age over your whole life. As such, it has the potential to be an integral part of our communities' wellbeing, both physically and mentally – as it is a sport of two sides. The passion that our Club has shown improving what we deliver and to removing or minimising barriers, in particular cost, that affect participation is truly inspiring.

Coming up: Academy Urban Rogaine in Pukekohe

In 2021, under the leadership of John "Robbie" Robinson, CMOC's Development Academy was inaugurated with the purpose of providing financial assistance to our Club Juniors to travel and compete in major events. On 27 March we're holding a special Urban Rogaine in Pukekohe to raise funds for the Academy. Every competitor gets a prize! More info on the next page.

Operation and Innovation Subcommittees: We want your input and ideas!

This year CMOC are establishing dedicated subcommittees to focus upon advancing the Club in certain areas of opportunity or need, that haven't been getting the attention required in our monthly operationally focussed meetings. Any ideas are welcome. We're going to schedule and drive progress on these over the coming months and years. We're starting with a review of the Club Constitution to ensure it remains fit for purpose, and also the 2022 update of the organisation's strategy and masterplan.

Would you like to be involved in one of these subcommittees? Email president@cmoc.co.nz to volunteer. Get in quick as we suspect the Constitution Review is going to be oversubscribed quickly!

While COVID-19 has changed the face of orienteering, we'll do our best to deliver an innovative programme that's competitive and fun. We'd love your input and participation in 2022 and beyond.

~ Jo Wood and Anthony McGivern,



Orienteering and COVID-19

CMOC is privileged to be able to hold events and training days during the ongoing COVID-19 pandemic. We take our responsibilities to our volunteers, orienteers, spectators, landowners (who graciously permit us to hold events on their land), and health and safety requirements very seriously.

In order to be able to deliver events to our communities, we are required to follow public health regulations. How we run our events will be aligned with the COVID-19 Protection Framework (CPF), and whatever “traffic light” phase we are in.

Currently, we are in the CPF’s Red Phase. Here is what this means for CMOC-run events:

- All participants in events and training days must scan the contact tracing QR code or sign the contact tracing sheet when arriving.
 - Everyone over the age of 12 years and three months must be double-vaccinated and must scan their Vaccine Pass, or show a vaccine certificate/card.
 - If you hold an official exemption document, this will be accepted, and you will be required to show this.
 - Physical distancing will be required, particularly at start areas and at registration/sign-in areas.
 - Face masks will be required to be worn when not exercising, and hand sanitiser to be used at registration areas and SPORTident pick-up areas.
 - We will not be able to accept on-the-day entries, or cash payments. All entries must be confirmed online via enterO and payment made via online banking ahead of time.
 - Additional protocols may apply for everyone’s safety that are specific to different event types that we run. Please note carefully any correspondence or event details for upcoming programmes
- Finally, please remember that our officials and volunteers are also members of our communities who choose to give up their personal time to deliver these events. Please be positive, kind, and supportive. We are all operating in a difficult and continually changing environment.



Sprint series cancelled

Due to COVID-19 Red Phase restrictions, the Eastern and Southern Zone Sprint Series events have unfortunately been cancelled. We know how much our youth orienteers look forward to these events to kick off their orienteering year, and we’re disappointed they can’t go ahead. We’re working on more opportunities for our juniors, so please keep an eye on our website and

Event spotlight: 27 March >>>

Academy Urban Rogaine

Come along for a day of exciting and challenging urban orienteering around Pukekohe, and help raise funds for the CMOC Development Academy!

Date: Sunday 27 March 2022

Venue: Pukekohe Stadium, Franklin Road, Pukekohe

Entry fee: Adults \$30, Students \$20. SPORTident included. Pre-enter at entero.co.nz by 20 March 2022 and pay via online banking (no entries will be accepted on the day).

Grades: Secondary School, Open, Vets 50+

Race format: At Registration, you will receive a Club-issued SPORTident to use. All SPORTidents will have been cleared and checked. From 9am, groups of 70 will start every 30 minutes. Choose an allocated start time via enterO. Each team/individual has three hours to get to as many controls as possible. Controls are worth 30, 40, or 50 points. 10 points will be deducted for each 5 minutes you are late past your finish time.

Maps: Each team member/individual will receive two A3 maps of Pukekohe 20 minutes before their allocated start time to plan their course. Map 1 will show Pukekohe North, and on the back will be Pukekohe South. Map 2 will show enlargements of the parks. Both maps will have the control sites.

Event spotlight: 12-13 March >>>

42nd Katoa Po Night Relay

Katoa Po is a Māori translation for “all night” and the event is the annual inter-club relay hosted by the Tāupo Orienteering Club. Teams are made up of seven members of mixed ages and abilities who contest for the Owl Trophy, or five members who compete in the first five legs for the Po Kerukeru Trophy.

The Katoa Po Explorer is a teams event that has been designed for adventure racers wanting to practise their night navigation and teamwork. This event comprises a three-hour rogaine on Saturday night and a 90-minute rogaine on Sunday morning for teams of two or four, and is suitable for a range of abilities, from beginners to experts.

Venue: Kaiapo Faultline, Tāupo
Entry: entero.co.nz (enter by 6 March)

Saturday 12 March

- At dusk: Start of 42nd Katoa Po Night Relay
- 8.30pm: Start of 2nd Katoa Po Explorer Night Rogaine

Sunday 13 March

- 9am: Start of Katoa Po Explorer Daylight Rogaine
- 9.30am: Start of 90-minute rogaine

For more info: taupoorienteeing.nz

CMOC Co-President Jo Wood is putting together a five-person or seven-person team for the Katoa Po Night Relay on Saturday 12 March. We're particularly keen to include younger orienteers (M/W12 and W14). If you're interested in participating, email Jo at jowood2188@gmail.com by 5 March.



Are you our Youth Exec Committee Member?

We're looking for a young club member to join the Committee, to represent the youth perspective and the ideas of their peers, and also to gain some interesting exposure and experience in governance. You will be invited to attend monthly Operational meetings and also any Subcommittee meetings that you wish. This year we're establishing subcommittees to advance the Club in areas such as innovation, training development, constitution review, etc. If you're interested, please approach or email any Committee member and let us know why you're keen, and how this opportunity could work for you – it's a new role and we're prepared to be flexible to get the right individual on the team!

Membership renewal

Have you renewed your CMOC membership yet? Membership gives you a number of benefits, including discounted and free entry to events across the Auckland region, opportunities to participate in national and international events, and more.

2022 CMOC membership fees

Junior (under 21 at end of 2021)	\$15
Senior (over 21 but under 65)	\$30
Family (no more than 2 adults, any number of juniors)	\$50
Student (in full-time tertiary education)	\$20
Over 65 (at end of 2021)	\$20
Over 65 family	\$35

CMOC has moved to an online membership database. Registration for CMOC members is through revolutionise.com.au/cmoc/registration

New members: Please use the **Register** option to join CMOC. For a couple or family, enter each family member separately, then let us know by email when paying your membership fees and we will link you in our system. Once you have registered, an email will be sent to you with your user name and the password setup process to enable future access to your details and membership renewal.

Existing members: For the first time using this system, please follow the instructions above as for a new member. If you have already registered, do the following: Log in using the **Member Login** option, and check your details are correct. Then pay your subscription by direct credit to the CMOC bank account ASB 12-3052-0311680-00. PLEASE Make sure you clearly identify yourself and what the payment is for. Using your surname and subscription type is ideal.

Youth development >>>

CMOC hosted a three-day Auckland Regional Development Day Camp on 16-18 December 2021. With a deep commitment to supporting and developing our youth orienteers, it was important to our Executive Committee that we do our best to provide them with an opportunity to work on their skills, practise on varied terrains, increase their confidence, and enjoy orienteering with their peers.

In less than six weeks, a Camp Subcommittee, led by CMOC Co-President Anthony McGivern and supported by a number of CMOC members and others, conceptualised a three-day development camp with distinct modules for our junior orienteers to hone their skills in sprints, forest orienteering, relay, and the somewhat-indescribable terrain of The Rockery (farmland, hills, cliffs, abrupt drops, and there may have been some Hobbits up there trying to get a ring to Mt Doom...). After much high-speed preparation we were thrilled to host over



2021 AUCKLAND DEVELOPMENT DAY CAMP

from CMOC as well as AOC and NWOC, and were very grateful for the support of 30+ coaches, parent helpers, drivers, and keen orienteers from all three Auckland region clubs.

Our first day of camp was sprint interval training at Buckland Beach Intermediate and Howick College in East Auckland. On Day two, we travelled south to Waiuku Forest for forest orienteering, then in the evening our students participated in relays at Pukekohe Showgrounds and enjoyed a catered dinner where they could hang out with their friends and get to know orienteers from other schools. And on the third day, we visited The Rockery, deep in the wilds of Onewhero. This is terrain that very few of our juniors had experienced – we all smiled at their exclamations of awe when they saw the terrain for the first time. As one of our orienteers said,

“It was quite rare to get a map like The Rockery so close to Auckland!”

Although our juniors were disappointed that the National Development Camp couldn't go ahead, they were grateful for the experience of a scaled-down day camp, and the post-event survey feedback was overall excellent. We also appreciate the financial support ONZ provided to enable us to give our youth a camp experience to remember.



Who we are >>>

CMOC 2022 committee members

- **Co-presidents:** Jo Wood and Anthony McGivern
- **Secretary:** Renee Motion
- **Treasurer:** Rosalie McGuire
- **Equipment:** Lindsay Shuker
- **Digital Media:** Brian Long and Katherine Granich
- **Development Academy:** John “Robbie” Robinson
- **Committee:** Justine Edwards, Unni Lewis, Matt Pickering, Val Robinson, Bev Shuker, Andrew Skelton

We welcome new committee members! If you're keen to get involved, reach out to info@cmoc.co.nz to find out more.