

Counties Manukau Orienteering Club (CMOC)

# Presidents' Report 2022 (Dec-21 to Nov-22)

Jo Wood, Anthony McGivern

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We would like to commence our report this year by again saying how proud we are to be a part of the best Orienteering Club in NZ.

The culture of service to our communities is incredibly strong in the Counties Manukau Orienteering Club (CMOC), it is in fact inspirational. It is why every year we have such a strong base of volunteers coming through enabling us to deliver a full programme of events. CMOC has the highest work rate in the region; from the students that set our Southern Summer Series events gaining valuable/developmental experience as course designers and in coaching, to the families that turn up early to help set up our Sunday events and are still there to help collect controls afterwards – we have a very strong Club!

## **EXECUTIVE SUMMARY; HIGHLIGHTS OF 2021/22**

After national youth development camp (Dec-21) was cancelled, CMOC stepped up, demonstrating adaptability and resilience to deliver a regional camp so our younger members wouldn't miss out!

At the beginning of 2022, the Schools' Sprint Series was likewise cancelled as we entered another lockdown, but after the lockdown ended CMOC delivered an incredible 6 events in 4 weeks for our schools and students.

We made some mistakes in our ("post-Covid") return to operations, but we implemented a review and improvement process, came out stronger and delivered a resounding success of the National Secondary Schools Orienteering Championships (NZSSOC) 2022.

The high performance and contributions of our Club members was also recognised at the national level, with members awarded National Administrator of the Year and also Coach of the Year 2021 by Orienteering New Zealand.

CMOC is also a very innovative Club, with our exemplar practices currently being templated by our national sporting body (ONZ) for Clubs' use across the country to make event delivery more efficient and ease the volunteer fatigue that is besetting sporting codes across New Zealand. Other innovations include:

- reaching agreement, undertaking mapping and in 2023 we will deliver an urban sprint-style event, the first of it's kind in New Zealand, through our National Stadium; Eden Park,
- our focus upon Club sustainability and our youth has resulted in a retention strategy to reduce (hopefully) the 18-25 drop-off from our membership, one of these was the inclusion of Tim (14 years old) on the Executive Committee so that we can more truly be youth-led, and
- we recently held the first Schools' Sprint Competition Launch event for Sports Administrators and Teachers across Franklin and South Auckland, helping to grow the orienteering network and community across the region.

While CMOC members have performed very well on the event podium(s) and in awards ceremonies, we also have created a new award ("Services to Orienteering") to celebrate those that contribute significantly (often under the radar) to the platform that enables others to reach their full potential.

## THE DETAIL...

### 1.0 YOUTH DEVELOPMENT CAMP 2021

Last November, at our AGM we talked to the CMOC working group and the rapid, agile development process that we were then undertaking to design and deliver a youth development camp after (due to Covid) the national camp was cancelled. These camps normally take 6 months to develop, however in just 6 weeks we delivered a day camp in December 2021. What started as a replacement for CMOC's youth, was expanded to become a regional offering and we included other Clubs, and we also broadened the criteria so that more of our youth could participate.

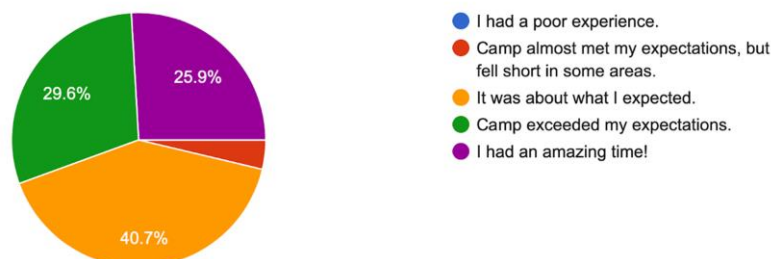
We also ran a post event survey so that we could learn about what went well (e.g. skills learnt) and what didn't, and gain valuable insights to help us design future training to further improve what we deliver.

Thank you to all that were involved in that incredible effort! The overall feedback was fantastic.

#### 2021 Auckland Region Youth Development Day Camp – Summary

- Of respondents, 77% were camp participants
- 56% said the camp either 'exceeded expectations' or they 'had an amazing time'

Overall, how did the Camp experience rate against your expectations?



Unfortunately we cannot discuss the year's events without mentioning Covid again. Lockdowns resulted in the cancellation of the 2022 Schools' Sprint Series at the beginning of the year. Due to strong relationships with our Funders however, we managed to hold onto and repurpose the funds we'd received, to deliver future events to our communities.

### 2.0 THE GREAT PUKEKOHE ROGAINE

On 27 March we delivered an incredible experience, running from park to park throughout the township of Pukekohe in a large format Rogaine race.

Robbie and Val negotiated corporate sponsorship so that every single entrant left with a gift bag at the day's end, and the financial surplus from the event was donated by our Club to the new CMOC Academy.

The CMOC Academy (with ring-fenced financials), is dedicated to investing in our youth; development camps, training, travel, accommodation, fun... we are aiming to continually increase the balance to a

sustainable amount, while reinvesting at least 10% of the fund (new revenues plus interest) back into our youth every year. This year we managed to invest in supporting;

- the CMOC members selected for the NZ Schools Team to Australia,
- attendees to the Junior Development Camp, and
- the Under 23 High Performance Camp.

We are planning to hold at least one major/fun event dedicated to fundraising for the Academy each year.

We’ve also been discussing and have now established a subcommittee working group to review our Club Constitution. The purpose of which is to comply with regulatory changes (Charities Act, Incorporated Societies Act), but we will also be seeking to ensure that our Constitution is fit for purpose for our current practices/operations, ensures appropriate and transparent governance for the future, and protects new elements such as the Academy.

Our work, in conjunction with that of the Ministry of Business, Innovation and Employment (MBIE) will review a wide range of issues that could affect us. If you would like to join the exciting Constitution Review subcommittee, please contact Rosalie McGuire who is leading this.

### 3.0 NEW ZEALAND SECONDARY SCHOOLS ORIENTEERING CHAMPIONSHIPS

Having recently emerged from extended lockdowns, restrictions and cancelled orienteering, our Event Development team’s goal was to deliver a memorable event; both development and fun, for our students – to build on previous successful events and offer something to the future event designers.

While we hoped everyone would enjoy themselves and we acknowledge everyone’s experience of NZSSOC-22 would be different, it was gratifying to receive overwhelmingly positive feedback about the competition from the participants and their parents.

We also ran a continual improvement focused survey; to gain insights on what people thought went well (and we should do more of), to identify opportunities to do better and to capture good ideas for next time. There was an incredible number of positive comment with regard to; 1) the locations, views, terrain (and many requests for more farmland and sprint courses), 2) the event centre set-up (although there were some opportunities to improve here too), and 3) the social side, with comments such as; “I loved that atmosphere at all events.”, “Everyone was happy to help me if I needed it and were very supportive.” and “Loved the opportunity for students to mix and build friendships.”



From our perspective, it was a fantastic group/team and experience to have been a part of, and here’s a final, poignant quote from the survey; “I’d like to thank everyone. It takes a village, and the event was awesome.”

#### 4.0 CMOC'S SERVICES TO ORIENTEERING AWARD 2022

With such a high-performance Club, and Club members it would be easy to celebrate success by talking about competition place winners. However we would like to reframe success a bit here and celebrate those that don't frequent the podium, those that contribute under the radar across the broader sports ecology and contribute to the platform that enables others to reach their full potential. To this effect we have created a new award, the CMOC Services to Orienteering award.

This prized award will be earned through an individual, or groups' efforts and resulting impact upon some dimensions of orienteering or orienteers that has truly raised the bar, and set a new standard. (Previous winners include the august Wayne Smith and other notable characters. Kidding. But he wishes.)

The recipient of the inaugural award is a mischievous lady with an incredibly generous soul. She is the strategist and champion behind our digital and social media presence, and the perpetrator of the 2021 (April Fools) merger that established the Auckland Super City Orienteering Club (ASCOC). She is the woman who masterminded the marketing and brought life to the otherwise tedious tomes also known as Bulletins 1 & 2, for the 2022 New Zealand Secondary Schools Orienteering Championships – raising the bar for all future competitions.



You must have guessed by now that we are talking about the indefatigable, CMOC's one and only Katherine Granich.

#### CMOC Services to Orienteering Award; Katherine Granich

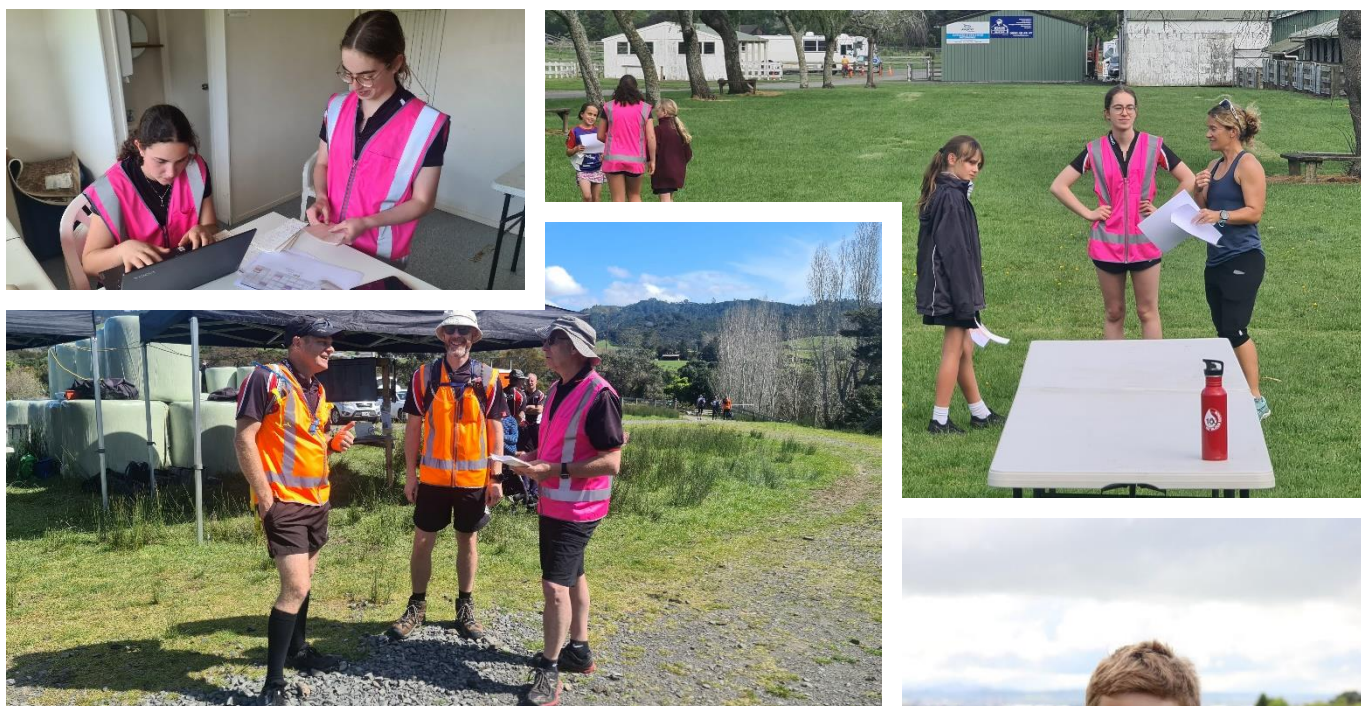


#### 5.0 TRANSFORMING TO PROVIDE MORE COACHING AND DEVELOPMENT

No silver bullet here, this is a work in progress. However, we have been working on and are continuing to transition events to becoming more than opportunities to turn up for a run, to being opportunities to learn and develop your skills. And you will enjoy some of this in the 2023 Calendar that was collaboratively designed by the three Clubs of Tāmaki Makaurau; CMOC, AOC and NWOC.

A new initiative that we recently commenced trialling, is the use of different coloured vests at events for the Course Controller and Planner (orange), Coaches (pink) and Administration/Volunteers (yellow). This enables people to identify and easily find assistance, someone to join them for a few controls and/or help them develop the next level of skills, someone to provide feedback to, or someone that can answer questions and help the event be a greater success for our customers – especially adults and newcomers to Orienteering as we continue to implement our Strategy's growth phase initiatives for our sport.

We will also engage with High Performance Orienteering to build and formalise Talent Identification & Development (TID) pathways for those that are interested in seeing if they've got what it takes to make the elite grade and the world stage.



## 6.0 DIVERSITY AND YOUTH-LED EXECUTIVE COMMITTEE

The boys are well and truly outnumbered by the girls on the committee, and I understand the evidence supports that greater diversity drives a higher performance (Possibly explains a few things...) However the average age on the team was circa 65... with the youthful Katherine Granich as the youngest member, and although we have people like Val Robinson who is embedded in Schools, we felt it was time to get younger members within the team.

This year we welcomed Tim Bacchus to 'the family', weighing in a full 5 decades (half a century) younger than the average age of the committee, he has been a breath of fresh perspective. He has not been afraid to speak up, to ask or challenge existing thinking and share what he and his peers would like to see.

There an article featuring Tim, his role and the work he'd like to deliver to the Club, so I encourage you to stay connected with our digital platforms. Also please connect with Tim when you see him around. His role is to represent youth on the CMOC Executive Committee, and also to represent the Committee to his peers.



## 7.0 SOUTHERN SCHOOLS' SPRINT LAUNCH

This year, for the first time we held a Launch event for the upcoming (2023) Schools' Sprint Series.

The event had representatives from:

- 8 of our local schools,
- our regional funder (CLM),
- Orienteering New Zealand, and
- College Sport

In addition to presenting some grant awards to local schools to cover their transportation to get students to and from events, attendees also received a beautiful CMOC hat.



This was a fantastic event that also helped to grow the connections across the region and network the community of sporting leadership across our schools.

## 8.0 UPCOMING PLANS FOR NEXT YEAR

**BBQs;** Social and connection opportunities at Events.

In addition to growing **Talent Identification & Development (TID)** pathways connecting and creating opportunities for grassroots to progress to elite capability for those that are keen. We will develop and formalise skill growth in technical areas that support the Club's operations. We've been connecting, building networks and providing mentoring for growth in Timing Technology, Mapping, Course Planning and Controlling, however this will be formalised into development pathways in 2023.

**Controller Clinic** to aid development of aspiring Controllers of any level, this is intended to be held in 2023 Q1. Please put up your hand and make yourself known to a member of the Committee if you're interested. The Club will meet the costs.

We will also be expanding our current programme of youth members designing and setting Summer Series events (under capable mentorship, and a supervising Controller), from the Southern to the Eastern areas.

**Eden Park;** we've established a working group in the process of developing an urban sprint event throughout the grounds and stadium at Eden Park itself! The premier opportunity is planned to be a charity event for the schools across Auckland to grow membership. We have already have a marketing element designing brand and merchandise. Any surplus funds generated by the event will be donated to the CMOC Academy.



This report of the year's activities belies the vast amount of work involved and the time contributed by our Committee and volunteers to continue to run the Club, provide quality events and training opportunities.

Many, many thanks to all the people who have contributed this year, the course setters, planners and controllers, set-up team(s), control collectors, equipment organisers and technical support, coaches, training coordinators and all the parents.

Let's keep building the fun, safe, accepting, and healthy orienteering community for ourselves and our youth – the leaders of tomorrow.



### **YOUR 2021/22 CLUB OFFICERS AND COMMITTEE MEMBERS WERE:**

President(s): Jo Wood and Anthony McGivern

Secretary: Renee Motion

Treasurer: Rosalie McGuire

Equipment: Lyndsay Shuker

Digital Media: Katherine Granich and Brian Long

Committee: John & Val Robinson, Bev Shuker, Unni Lewis, Justine Edwards



## RESULTS AND ACHIEVEMENTS

### The ('Not quite') Oceania 2022

Sprint	M14	William Wood	2 <sup>nd</sup>
	M60A	Bruce Peat	3 <sup>rd</sup>
Long	M60A	Bruce Peat	3 <sup>rd</sup>

### New Zealand Orienteering Championship, 15-18 Apr

Sprint	MJR	Tim Bacchus	1 <sup>st</sup>
	M14A	Blake McKinnon	1 <sup>st</sup>
		Wesley Lau	3 <sup>rd</sup>
	W16A	Alicia McGivern	2 <sup>nd</sup>
	M18A	James McGuire	1 <sup>st</sup>
Middle	W18A	Kelly McKinnon	1 <sup>st</sup>
		Valerie Lau	3 <sup>rd</sup>
	M45A	Llewellyn McGivern	2 <sup>nd</sup>
	M60A	Bruce Peat	3 <sup>rd</sup>
	W80A	Val Robinson	2 <sup>nd</sup>
	MJR	Tim Bacchus	2 <sup>nd</sup>
	M18A	James McGuire	1 <sup>st</sup>
	W18A	Kelly McKinnon	2 <sup>nd</sup>
	M45A	Llewellyn McGivern	2 <sup>nd</sup>
	M55A	Andrew Skelton	1 <sup>st</sup>
Long	W75A	Trish Aspin	1 <sup>st</sup>
	M80A	John Robinson	3 <sup>rd</sup>
	W80A	Val Robinson	1 <sup>st</sup>
	MJR	Tim Bacchus	2 <sup>nd</sup>
	M14A	Blake McKinnon	2 <sup>nd</sup>
	W18A	Kelly McKinnon	1 <sup>st</sup>
		Valerie Lau	3 <sup>rd</sup>
	M18A	James McGuire	1 <sup>st</sup>
	M45A	Llewellyn McGivern	2 <sup>nd</sup>
	W50A	Jo Wood	3 <sup>rd</sup>
Relay	M60A	Bruce Peat	2 <sup>nd</sup>
	W75A	Patricia Aspin	1 <sup>st</sup>
	M80A	John Robinson	3 <sup>rd</sup>
	W80A	Val Robinson	1 <sup>st</sup>
	Open Short	Daniel, Charlotte & William Wood	2 <sup>nd</sup>

### ONZ National Awards

Announced in 2022, these awards recognise some of our sport's greatest contributions during 2021

Administrator of the Year	Ruth Farmer
Coach of the Year	Anthony McGivern

### Queen's Birthday, 4-6 Jun

Sprint	Jnr Boys	Blake McKinnon	3 <sup>rd</sup>
	Snr Girls	Alicia McGivern	3 <sup>rd</sup>
Middle 1, WRE	Snr Girls	Kelly McKinnon	2 <sup>nd</sup>
	Snr Girls B	Catherine Motion	3 <sup>rd</sup>



	Snr Boys	Daniel Wood	1 <sup>st</sup>
	M70A	Ross Brighthouse	1 <sup>st</sup>
	M80A	John Robinson	3 <sup>rd</sup>
	W80A	Val Robinson	2 <sup>nd</sup>
	Open Easy	Hayden Vink	1 <sup>st</sup>
		Marleen Cleyndert	2 <sup>nd</sup>
Long, WRE	Jnr Boys	Blake McKinnon	3 <sup>rd</sup>
	Snr Girls B	Catherine Motion	3 <sup>rd</sup>
	M70A	Ross Brighthouse	2 <sup>nd</sup>
	Open Easy	Marleen Cleyndert	3 <sup>rd</sup>
Middle 2, WRE	Snr Boys	Daniel Wood	1 <sup>st</sup>
	Snr Girls B	Catherine Motion	1 <sup>st</sup>
	M70A	Ross Brighthouse	2 <sup>nd</sup>
	M80A	John Robinson	1 <sup>st</sup>
	W80A	Val Robinson	2 <sup>nd</sup>

### Central region (Pokapu) Championship, 24-26 Jun

Sprint	M20A	Daniel Wood	2 <sup>nd</sup>
	W21A	Alicia McGivern	1 <sup>st</sup>
Long	M20E	Daniel Wood	1 <sup>st</sup>
	W16A	Alicia McGivern	3 <sup>rd</sup>
Middle	M20A	Daniel Wood	1 <sup>st</sup>
	W16A	Alicia McGivern	2 <sup>nd</sup>
	W40B	Carolyn McGivern	2 <sup>nd</sup>
	M40AS	Llewellyn McGivern	1 <sup>st</sup>

### Northern region (Tuaraki) Championship

Day 1	M14A	William Wood	1 <sup>st</sup>
	W14A	Orla Hoare	2 <sup>nd</sup>
	W16A	Lily West	3 <sup>rd</sup>
	W18A	Charlotte Wood	1 <sup>st</sup>
	M20E	Daniel Wood	2 <sup>nd</sup>
	M40AS	Greg Bacchus	3 <sup>rd</sup>
Day 2	W70A	Patricia Aspin	2 <sup>nd</sup>
	M14A	William Wood	2 <sup>nd</sup>
	W14A	Niamh Hoare	1 <sup>st</sup>
		Orla Hoare	3 <sup>rd</sup>
	W16A	Lily West	1 <sup>st</sup>
	W18A	Charlotte Wood	1 <sup>st</sup>
		Ciara Hoare	2 <sup>nd</sup>
	M20E	Daniel Wood	3 <sup>rd</sup>
	M40B	Tony Motion	3 <sup>rd</sup>
	W40B	Marleen Cleyndert	2 <sup>nd</sup>
	M60A	Bruce Peat	1 <sup>st</sup>
	W70A	Patricia Aspin	1 <sup>st</sup>
Day 3	M14A	William Wood	2 <sup>nd</sup>
		Tim Bacchus	3 <sup>rd</sup>
	W14A	Niamh Hoare	2 <sup>nd</sup>
		Orla Hoare	3 <sup>rd</sup>

	W18A	Charlotte Wood	2 <sup>nd</sup>
		Ciara Hoare	3 <sup>rd</sup>
	M40AS	Greg Bacchus	3 <sup>rd</sup>
	M60A	Bruce Peat	2 <sup>nd</sup>
	W70A	Patricia Aspin	1 <sup>st</sup>
Overall	M14A	William Wood	1 <sup>st</sup>
	W14A	Niamh Hoare	2 <sup>nd</sup>
		Orla Hoare	3 <sup>rd</sup>
	W16A	Lily West	1 <sup>st</sup>
	W18A	Charlotte Wood	1 <sup>st</sup>
		Ciara Hoare	2 <sup>nd</sup>
	M20E	Daniel Wood	1 <sup>st</sup>
	M40AS	Greg Bacchus	2 <sup>nd</sup>
	W70A	Patricia Aspin	1 <sup>st</sup>

### Schools North Island Championship 2022

Sprint	Jnr Girls	Niamh Hoare	2 <sup>nd</sup>
		Orla Hoare	3 <sup>rd</sup>
	Int Girls	Alicia McGivern	2 <sup>nd</sup>
	Snr Boys	Daniel Wood	3 <sup>rd</sup>
Long	Jnr Girls	Orla Hoare	3 <sup>rd</sup>
	Int Boys Std	Joe Chin	1 <sup>st</sup>
	Int Boys	Blake McKinnon	1 <sup>st</sup>
	Snr Boys Std	Dante Lee Choi	2 <sup>nd</sup>
		James Karl	3 <sup>rd</sup>
	Snr Boys	James McGuire	3 <sup>rd</sup>

### Schools New Zealand Championship 2022

Sprint	Jnr Girls	Niamh Hoare	2 <sup>nd</sup>
		Orla Hoare	3 <sup>rd</sup>
	Int Boys	Blake McKinnon	3 <sup>rd</sup>
	Int Girls	Alicia McGivern	3 <sup>rd</sup>
Long	Y7/8 Boys Std	Leo Vink	1 <sup>st</sup>
	Jnr Girls	Niamh Hoare	1 <sup>st</sup>
		Orla Hoare	2 <sup>nd</sup>
	Snr Boys Std	Dante Lee Choi	3 <sup>rd</sup>
	Snr Girls Std	Finn Granich	2 <sup>nd</sup>

### Australian Championships 2022, 24-Sep to 2-Oct

Victoria Middle	M14A	Blake McKinnon	1 <sup>st</sup>
'Grand Prix'	M14A	Blake McKinnon	2 <sup>nd</sup>
Middle	M14A	Blake McKinnon	2 <sup>nd</sup>
	M18A	Daniel Wood	2 <sup>nd</sup>
	M75A	Wayne Aspin	3 <sup>rd</sup>
Sprint	M14A	Blake McKinnon	2 <sup>nd</sup>
	M18A	Daniel Wood	1 <sup>st</sup>
	W18A	Kelly McKinnon	2 <sup>nd</sup>
Long	M18A	Daniel Wood	2 <sup>nd</sup>
Relay	M14A	Blake McKinnon, William Wood & Harry Borton	1 <sup>st</sup>

### Victoria MTBO Championship

Middle	Martin Peat	3 <sup>rd</sup>	
Sprint	Martin Peat	2 <sup>nd</sup>	
Long	Martin Peat	1 <sup>st</sup>	

### NZ Mountain Bike Orienteering (MTBO) Championship

Sprint	Martin Peat	2 <sup>nd</sup>	
Middle	Martin Peat	3 <sup>rd</sup>	

Martin also represented MTBO at the World Championships in Sweden; “The sprint was a highlight at both events.”

### School Awards/Prizes

Kings College	James McGuire	Top Year 12 student (Physical Education), and Senior Orienteer of the Year prize
Baradene College of the Sacred Heart	Niamh Hoare, Orla Hoare (CMOC) and Annabelle Holdcroft	Junior Team of the Year
	Niamh Hoare	Excellence In Orienteering
	Ciara Hoare	Most Improved Orienteer
Pukekohe High School	George Williams	Best All Round Sporting Achievement by a Junior Boy; including orienteering, cricket and hockey
St Kentigern College	Blake McKinnon	Orienteering, Yachting and Year 10 Sportsman of the Year trophies
	Kelly McKinnon	School Colours
College Sport Auckland	Daniel Wood	Young Sportsperson of the Year Award – Orienteering (men)

MJR – Men’s Junior Recreational (non-competitive) grade

WRE – World Ranking Event

Please note that we apologise if we have missed mentioning anyone, please let us know so that they can be appropriately recognised and celebrated!



# CMOC

COUNTIES MANUKAU ORIENTEERING

CMOC.CO.NZ

They're called 'orienteers!' and they just run around in elaborate circles?

It's called a 'course', Jane