

Bulletin Two

23 May 2023



Welcome to the King's Birthday Weekend of O 2023 and Tūāraki-Northern Regional Championships 2023!

Counties Manukau Orienteering Club and Orienteering Waikato are delighted to host you for three days of orienteering in the beautiful Tāmaki Makaurau and Waikato regions of Te Ika-a-Māui.

- Saturday 3 June: Sprint @ The University of Waikato, Hamilton (*A-Level Event*)
- Sunday 4 June: Long @ Waiuku Forest South, Otua
- Monday 5 June: Middle @ Waiuku Forest North, Otua (*A-Level Event*)

Updates and Information

This is the final Bulletin for King's Birthday Weekend of O. Any further updates will be published on the Counties Manukau Orienteering Club website cmoc.co.nz and on the Counties Manukau Orienteering Club Facebook page at facebook.com/cmorienteeing. There may also be updates posted at Registration at the Event Centre at each event, so please do check.

Event Contacts

For all enquiries, please reach out to our Event Co-Directors Renee Motion and Katherine Granich via info@cmoc.co.nz.



Welcome from our Deputy Mayor



Kia ora koutou!

Greetings and warm welcome to all the participants and supporters from across New Zealand and Australia to the first ever King's Birthday orienteering event hosted in Auckland! As the Deputy Mayor of this great city, it is an honour to celebrate this milestone and share in the joy of orienteering.

I would like to extend a particularly warm welcome to the young people competing this weekend, many of you who have travelled a long way to be part of this event. I'm aware you are competing for national selection to the New Zealand Secondary Schools team, so good luck to all competitors and congratulations to those who achieve national representative honours this weekend.

Auckland has a vibrant and growing orienteering community, which to me is not surprising given Auckland is known for its natural beauty and diverse terrain. This makes it an ideal location for orienteering. The city's parks, forests, and coastal areas offer a wide range of challenges for orienteers, from steep hills to dense bush to rocky cliffs. It is also great to see the collaboration being undertaken with our southern neighbours in Waikato for the urban sprint event on the first day of the weekend.

Orienteering is a sport that requires both physical fitness and mental agility, as orienteers navigate their way through unfamiliar terrain using a map and compass. It is a challenging and exciting sport that requires careful planning, quick thinking, and excellent teamwork. Orienteering is not only a sport, it is also a social activity that brings people together and encourages the development of community.

I would like to thank Counties Manukau Orienteering Club for hosting the event, alongside Orienteering Waikato, and for their tireless efforts in promoting orienteering and for their continued commitment to the sport. I hope that this event is one of many more to be hosted in our region. Orienteering is a fantastic way to stay active, challenge ourselves and connect with others, and I encourage everyone to give it a try.

Once again, welcome to Auckland, and have a great time at the King's Birthday Weekend of O.

Ngā mihi nui,
Desley Simpson
Deputy Mayor of Auckland



Presidents' Note



Welcome orienteers, supporters and, most of all, the legion of volunteers without whom events like this would not be possible, to the first-ever King's Birthday Weekend of O competitions.

To the Event Directors and their teams of Organisers, and the Mappers, Planners, Controllers, and Technicians that keep our technology running, go our heartfelt thanks for the months of work that they have invested into the development of these three days of competitions for our enjoyment. To the landowners that graciously allow us to use their property and facilities, and all the volunteer operations teams on each day of these competitions – thank you also.

Orienteering is a great sport. It tests us physically and mentally and we can participate over our entire lives. Whether we choose to participate socially, or competitive-social where we strive to better our own personal capabilities each week, or you're competing against others at a serious-level or elite pathway, there's something for everyone in this sport of ours.

We've certainly had some challenges this year due the weather, and Waiuku Forest has not been exempt. With water levels changing and new ponds and lakes forming, we've had to redesign things more than once to improve competitor safety.

All in all, we Presidents are proud of what the teams have delivered, we hope you enjoy testing and developing your orienteering capabilities on what's been created for you! And also have a fun time renewing or building new connections across the NZ and Australian orienteering community.

All the best,

Ric Sherlock, President, Orienteering Waikato

Jo Wood and Anthony McGivern, Co-Presidents,

Counties Manukau Orienteering Club





Competition Details

Competitions included in KBO2023 are:

- Tūāraki-Northern Regional Championships 2023
- Pinestars vs Bushrangers Test Match
- Trials for the New Zealand Secondary Schools team to compete for the Southern Cross Trophy at the Australian Schools Championships
- New Zealand Secondary Schools Regional Challenge
- Round 4 of the National Orienteering League (Middle and Long)
- Round 6 of the National Sprint League (Sprint)

Pinestars vs Bushrangers Test Match Selection

[ONZ](#) has announced that after a hiatus of a few years, KBO2023 will host a NZL Pinestars vs AUS Bushrangers Test Match in M21E, W21E, M20E, and W20E. The Australians have asked for team sizes of 2 each in M21E, W21E, 3 in W20E, and 6 in M20E. A NZL team will be selected from those entered in the appropriate classes.

Explanation for Secondary School Competitors

KB2023 incorporates the New Zealand Secondary Schools Regional Challenge (the Challenge) and the trials for the 2023 New Zealand Secondary School representative teams which will compete in the Australian Schools Championships at the end of September in Western Australia (the Trials):

- The grades for school students differ from those at other competitions for both the Challenge and the Trials. The M/W14/16/18 grades are replaced with Junior Girls/Boys and Senior Girls/Boys grades;
- Senior A grades run red-level courses, Junior A and Senior B grades will run orange-level courses, and Junior B grades will run yellow courses. B grades are not offered at the Sprint;
- All three races at King's Birthday are part of the Trials and the Challenge;
- Senior Boys/Girls A or B is for those 16 and over (as of 31 December 2023), but still at school ie. born in or before 2007;
- Junior Boys/Girls A or B is for those aged 15 and under (as of 31 December 2023) ie. born in or after 2008;
- All students seeking selection for the NZSS team in the Trials must enter the appropriate A-grade event (and must be Year 9 to 13);
- Regional schools teams in the Challenge may include Year 8 students.

Interested students should read the ONZ Selection Notice for further details: orienteering.org.nz/news/2023-southern-cross-challenge-selection-notice



Electronic Punching: SI/SIAC System

The SPORTident (SI) and SPORTident Air (SIAC) punching system will be used in all events. Competitors may use their own or hire from the organisers via the entry process. SI/SIAC cards, whether hired or your own, must be cleared and checked before each race. Clear/check stations and SIAC Battery Check stations will be available.

Competitors who are hiring SI/SIAC cards may collect them from Registration prior to your race. Hired SI/SIAC cards will be returned after downloading and will be reallocated for the next day's race. Please ensure you return your hired SI/SIAC card after downloading.

Lost or broken SI/SIAC cards will incur a charge for replacement or repair.

If you have forgotten your personal SI/SIAC, or it is broken or otherwise not working, please see Registration as we will have some spare SI/SIAC cards to hire to you. We will take your details and invoice you post-event for the hireage fee plus a NZ\$10 administration fee. Replacement SIAC (Air) cards are very limited and we may need to give you an SI card to use if not available.

As a last resort, SI/SIAC numbers can be changed in person at Registration (bring your new SI/SIAC Card), at least one hour before the event starts.

Controls

At each control, insert your SI card into the control unit (blue box) until the unit beeps and flashes. If you are using SIAC (Air), you will need to pass within 3m of the control, and listen for your SIAC to beep, indicating that the punch has taken place.

If you punch an incorrect control, ignore it and continue to the correct control; the extra punch will be disregarded by the results software.

If the SI card or unit stops working or does not function (there is no beep and no flash), then use the control punch to clip your map next to the control description. If you have pin punched any controls on your map, you must hand the map in at the download before leaving the finish area, and explain what you have done and why.

Your elapsed race time only stops when you punch the Finish control. All competitors must punch the Finish control even if they do not complete their course.



All about the Start

Start Lists

Start Lists will be published on the CMOC website at cmoc.co.nz/event-directory/kings-birthday-2023 at least five days before the event, and will be linked from CMOC's Facebook page facebook.com/cmorienteeing. A copy of the Start List will be available at Registration during the event, and at the Start Area.

Start Procedure

Each competitor is responsible for following the correct marked route to the Start Area. The competition area is out of bounds until your Start time.

In the Start Area, competitors will be required 4 minutes before their Start time and will pass through four consecutive starting boxes, staying for one minute in each. The Pre-Start clock will be set 4 minutes before the actual time; however, it will display your Start Time.

Pre-Start	-4 minutes	-3 minutes	-2 minutes	-1 minute	0 minutes
	Late Start lane →→→				
Clear and Check	Check name, SI/SIAC card number, start time	Check SI/SIAC card	Control descriptions	Maps	Grab map at final long beep of Start clock

- **Pre-Start Area:** Runners clear and check their SI card, and check the battery on their SIAC card.
- **-4 minutes:** SI/SIAC card number, name, and starting time are checked.
- **-3 minutes:** Each competitor inserts their SI card into a Check box. Competitors without an SI/SIAC card will not be allowed to start.
- **-2 minutes:** Loose control description sheets are available for competitors to pick up (optional). The control descriptions will also be printed on the maps.
- **-1 minute:** Maps. The runner stands beside the map issue box labelled with their correct course number and class. The Start countdown will be indicated by a series of 6 beeps at -5 to 0 seconds. At the last beep, the competitors' race time begins, and the competitor can take the map from the map issue box.
- You will then follow the marked route to the Start point, which is indicated by a control with a flag (but without an SI punching unit) in the terrain, and a triangle on the competition map (Start Triangle).

Notes:

- In the Start box, odd course numbers will be on your left, and even on your right.
- It is the competitors' responsibility to pick up the correct map and control descriptions for your course.



All about the Start (cont'd)

Late Start

Competitors who arrive to the Start late must report to the Late Start lane, where an official will accompany them. Control descriptions and the competition map will be handed over by an official, and the competitor will then start the race when told to do so (IOF Rule 22.9) using a punch to Start. The results of competitors who start late will be based on their original start time (with no time compensation). Only if their lateness is the fault of the organiser will their actual race time be used (IOF Rule 22.10).

Any competitor who is late, whether through their own fault or otherwise, should not discuss this with the Start officials. Instead, if the competitor believes the organiser is responsible, they should make a complaint at the Download tent, after finishing the race.

Finish Procedure

All competitors, including those who do not complete the whole course, are required to punch one of the SI units on the Finish line. Competitors who do not register at the Finish line will be considered missing in the terrain, which may cause a search for the missing person.

Each competitor must download their SI/SIAC card at one of the manned download stations after they punch the Finish. Maps will be collected (they will be available to pick up after the last starter has begun their course). After downloading and returning their hired SI/SIAC card, competitors are free to go.

Maps

The Sprint map follows the current [IOF International Specification for Sprint Orienteering Maps \(ISSprOM\) 2019-2 Revision 5 September 2022](#) standard.

The Long and Middle maps follow the current [IOF International Specifications for Orienteering Maps \(ISOM\) 2017-2 Revision 5 September 2022](#) standard.

What's so great about the Waikato?



You think you know the Waikato? Think again, says Dot Larsen, Sprint Event Organiser for the King's Birthday Weekend of O.

Orienteering Waikato is a small but mighty club, and we are pleased to be hosting the Sprint event at the University of Waikato on Saturday 3 June. We intend to put on something special, and we're excited about the course that Rick Sherlock has developed for you.

The University of Waikato is a compact and unique campus in that it has all sorts of buildings that were constructed over the years, along with numerous nooks and crannies, dead ends, small and narrow alleyways, steps, tight turns... You can slide in and out of places if you know your way around, but since it's embargoed, there's no checking it out ahead of time! You're going to have to come along and be surprised and challenged.

We think the university is the perfect location for a sprint event of this level, and the courses we've developed are commensurate with the high-quality of the university grounds and terrain.

After your run, hang around our region for a bit. Explore the Waikato! We have quality cafes, a beautiful river running through, entertainment hubs, and shopping. It's well worth the journey, and it's also one of the safest cities in New Zealand.

Nearby you'll find Hamilton Gardens, a world-class, award-winning destination, with something for everyone to enjoy. The Waikato Museum is a wonderful, hands-on museum with many interactive exhibits. If you want to keep exploring out-of-doors, we also have a number of pathways to explore all along the Waikato River.

Come and stay and enjoy what we have here in the Waikato! We look forward to seeing you at the Sprint event of the King's Birthday Weekend of O.

**Dot Larsen
Sprint Event Organiser
King's Birthday Weekend of O**



Saturday 3 June: Sprint @ The University of Waikato, Hamilton



- **Planner:** Ric Sherlock
- **Controller:** Rolf Boswell
- **Organiser:** Dot Larsen
- **Mapper:** Michael Croxford (Wayfind Outdoors Ltd), map updated 2023
- **Overall event contact:** info@cmoc.co.nz
- **Scale:** 1:3000 and 1:4000
- **Contour interval:** 2m
- **Terrain:** University campus. Buildings, paths, grass, steps.
- **Start Area:** 1000m walk from Event Centre (allow 15 minutes), 600m from parking area (allow 10 minutes).
- **Registration:** 12 noon
- **Start times:** From 1pm
- **Course closure:** 3:30pm
- **SIAC available:** Yes. Please ensure you check your SIAC battery at the Event Centre before going to the Start Area.
- **Mobile coverage:** Yes
- **Water available:** No water is available at the Event Centre or on the course. Competitors should ensure they bring enough water for the day.
- **Toilets:** Available at Event Centre and Parking.
- **Dogs:** No dogs permitted at this event. Please do not bring dogs.
- **Public race available:** No. Recreational courses are available only if you pre-entered. There will be no on-the-day recreational entries.
- **Maps available for collection:** After the last starter.

Course	Difficulty	Grades	Course Length (km)	Controls	Map Scale
1	Difficult	M20E, M21E, SBA	4.0	33	1:4000
2	Difficult	W20E, W21E, SGA	3.3	30	1:4000
3	Difficult	M40A, M50A	3.2	29	1:3000
4	Difficult	M21A, JBA	3.1	25	1:4000
5	Difficult	W21A, JGA	2.6	22	1:4000
6	Difficult	M60A, W40A, W50A	2.9	25	1:3000
7	Difficult	M21AS, M70A, M80A, M90A, W21AS, W60A, W70A, W80A, W90A	2.4	24	1:3000
8	Moderate	Rec Orange	2.3	17	1:3000
9	Moderate	M12A, W12A, Rec Yellow	1.8	17	1:3000
10	Easy	M10A, MW10N, W10A	1.7	14	1:3000

Note: Distance calculations are based on "optimum route".

Saturday 3 June: Sprint @ The University of Waikato, Hamilton



Getting there and Event Centre

- **Directions:** In Google maps, use Carpark 2B, Knighton Road, Academy of Performing Arts Parking.
- **Parking:** All competitors must park in Carpark 2B on Knighton Road. There are several other university entrances on Knighton Road, all of which take you to the embargoed area. Look for the orienteering signs on Knighton Road. Carpark 2B is on the edge of the sports fields.
- **Event centre:** The Village Green (400m from parking area). Access will be clearly signposted. Note that some competitors may use this path during their race. When walking to the Event Centre, take great care to watch for runners, and give way to them. Walk on one side of the path only (that is, do not walk side-by-side and therefore block the path for runners).
- **Warm-Up Area/Map:** On the way to the Start (100m from the Start), a small area of the university campus will be available for warm-up. Look for a box of maps (1:3000 and 1:4000 options).
- **Spectator Control:** Most courses have a spectator control visible from the Event Centre.



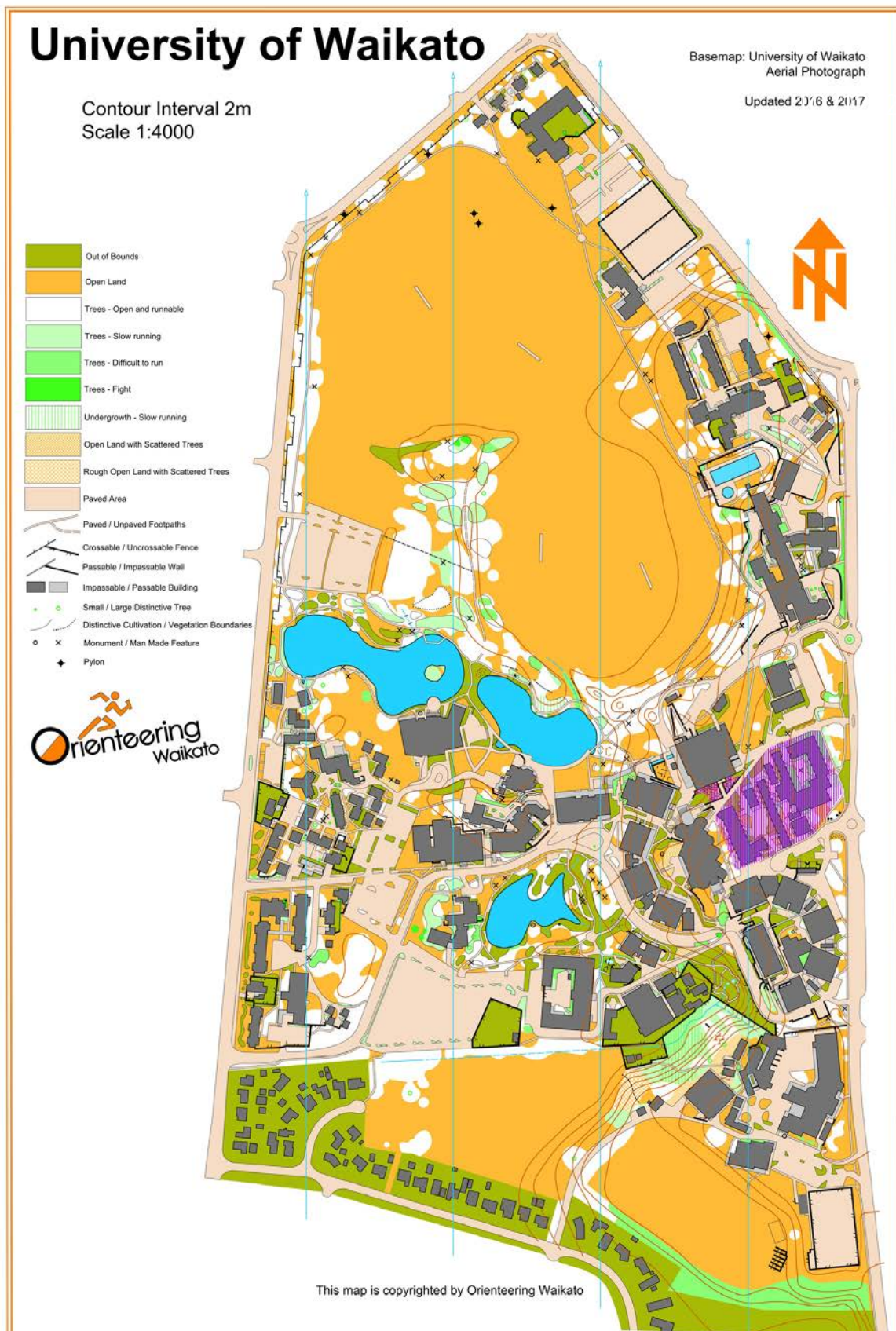
Saturday 3 June: Sprint @ The University of Waikato, Hamilton



Hazards and Out of Bounds

- **Hazards:**
 - Competitors will have no need to go on to a public road. However, the university campus has multiple internal roads and carparks which will need to be crossed with care.
 - The campus is expected to be quiet on the day of the event. However, there will always be a few cars and pedestrians active during the event. Always take care when crossing roads and give way to vehicles.
 - Please be considerate of other users of this space and avoid collisions with them, especially in narrow passageways and on stairs.
 - Normal urban hazards exist. The University of Waikato encompasses some hilly areas. Thus there are many steps, sloped paths, and grassy areas. The risks of tripping or slipping are even higher if there has been recent rain. Take care on all surfaces.
 - It is possible that sports teams will be using the playing fields. The courses are designed so that there is no need for competitors to cross these areas. In the unlikely event that there is another sports activity on your intended route, please be considerate of other people.
- **Out of Bounds:**
 - There is significant construction in the middle of the university campus. This area is bordered by high temporary fencing and should be obvious to all competitors. The courses have been designed to go around this OOB area.
 - Carpark 2B on Knighton Road (event parking) is OOB to all competitors while they are competing. Some courses may go near this carpark, and it will be marked as OOB on race maps. All other carparks on the campus are not OOB to competitors during their races.
- **Footwear:** Metal studded shoes are not permitted for the Sprint event.
- **Medical Facilities Nearby:**
 - Waikato Hospital, Pembroke Street, Hamilton
 - Anglesea Clinic Urgent Care, 3 Thackeray Street, Hamilton

Example map: The University of Waikato, Hamilton





Mapping Waiuku Forest North and South

Wayne and Tricia Aspin have been mapping Waiuku Forest regularly since 1979 with other club members. They have been updating when called on ever since. They have been the two regular mappers since 1997, and since 2018, Wayne has been the sole mapper. Here are his notes on the areas where the Long and Middle will be held.

The terrain is sand dune pine forest with much undergrowth of pampas grass. Pampas (which our orienteers like to call "cutty grass") can give you minor body cuts and scratches. Other than on white and yellow courses, full body cover is advisable.

Due to the wet February we've had, pampas growth has taken off, especially in some parts of the Waiuku South map. My method of mapping these areas has been to gauge the runnability by the speed a competitor can run through the pampas. Here is a guide to what some of the map colours will indicate.

Fast open white. Some areas are obvious, with little pampas. Other areas mapped white are where the orienteer can run at more than 80% of his maximum speed. These areas can have head-high pampas that initially may look like a slow run, but once you are in it, there is little restriction and the competitor can run freely in a straight line. Because of visibility restrictions, navigation needs more care. Some of these areas the pampas can be lower, about knee- to hip-high.

Slow run light green. These areas are more dense and generally pampas is about head-height, making runnability less than 80%, down to 50%. Running in a straight line and navigation are more difficult, and any track option nearby will be a better choice. The aggressive runner could take the direct option.

Often there is no distinct boundary between a fast and slow run where pampas is present. Walk medium green is best avoided unless you're going only a short distance.

Fight dark green. Stay out!

Clearings, some may have pampas present and these have slow run or walk stripe symbols.

A wind blown over tree on the ground is marked as a green slash. If it has a sizeable root system at its end it will be mapped as a green slash with a brown triangle at its root end.

Ponds: These are newly formed by underground leakage from the ironsand mine storage lake. Ponds with black outline are deep and uncrossable. On ponds without black outlines, competitors will get wet legs. All ponds and marshes contain dead or dying standing trees. Marshes are crossable, unless they have black outlines, but you will get wet feet!

Wayne Aspin
Mapper
Waiuku Forest North and South



Sunday 4 June: Long @ Waiuku Forest South



- **Planner:** Tania Larsen
- **Controller:** Bruce Peat
- **On-the-Day Coordinator:** Renee Motion
- **Overall event contact:** info@cmoc.co.nz
- **Scale:** 1:5000, 1:7500, and 1:10000
- **Contour interval:** 3.5m
- **Terrain:** Plantation forest, sand dune terrain. Flat to hilly terrain with areas of complex contour detail. Mostly fast run forest with some areas of pampas grass (cutty grass) that slow running speeds.
- **Hazards:** Normal hazards of a forest orienteering event. Rough ground, cutty grass, steep slopes, vegetation, fences, marshes, ponds. Beware of wire fences as they aren't marked on the map and can be difficult to see in cutty grass areas. These are mostly along tracks or road sides. Due to high rainfall there is surface water in many places including roads which are not mapped. Some new ponds have formed which are 1 meter deep; these are mapped with a thick black line around them, indicating that they are uncrossable. Beware, some ponds are covered in green vegetation so that they look like perfectly flat grass. Please don't become a swamp creature by accident!
- **Special gear needed:** Full body cover is recommended for all courses.
- **Registration:** 9am
- **Start times:** From 10am; start times will be pre-allocated.
- **Course closure:** 2pm
- **SIAC available:** Yes
- **Mobile coverage:** Spark and Vodafone generally available
- **Water available:** Water will be available on all courses at the halfway point. This will be marked on all maps.
- **Toilets:** Portable toilets will be provided at the event centre
- **Dogs:** Permitted at the event centre, but not on the course. Dogs must be kept on a leash at all times.
- **Public race available:** No. Recreational courses are available only if you pre-entered. There will be no on-the-day recreational entries.
- **Maps available for collection:** After the last starter.

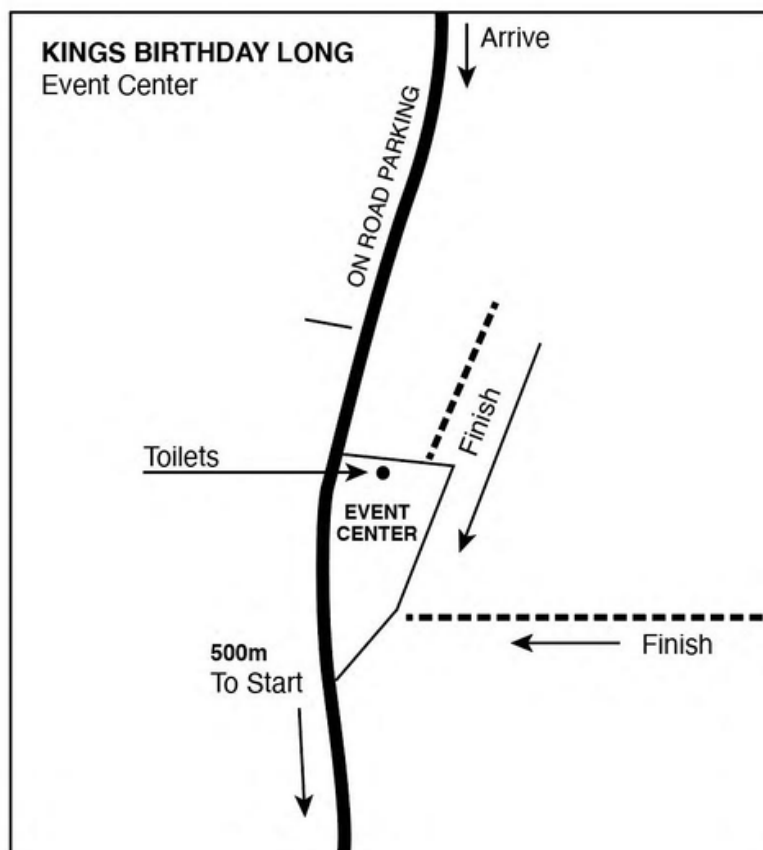
Course	Difficulty	Grades	Course Length (km)	Map Scale
1	Red	M21E	9.1	1:10000
2	Red	M20E, W21E	7.5	1:10000
3	Red	M21A, M40A, W20E	6.6	1:10000
4	Red	Senior Boys A	5.5	1:10000
5	Red	Senior Girls A	4.5	1:10000
6	Red	W21A, W40A, M50A	5.9	1:7500
7	Red	W50A, M21AS, M40AS, M60A	5.1	1:7500
8	Red	W21AS, W40AS, M70A, W60A	4.1	1:5000
9	Red	W70A, W80A, W90A, M80A, M90A	3.6	1:5000
10	Orange	Junior Boys A, Senior Boys B	4.2	1:7500
11	Orange	Junior Girls A, Senior Girls B, Rec Orange	3.7	1:7500
12	Yellow	M12A, Junior Boys B, W12A, Junior Girls B, Rec Yellow	3.2	1:5000
13	White	M10A, W10A, MW10N	3.1	1:5000

Sunday 4 June: Long @ Waiuku Forest South



Getting there and Event Centre

- **Location and GPS Coordinates:** Waiuku Forest South, Lat -37.3487165, Long 174.7403464
- **Driving Directions:** From Waiuku Township, take Queen Street South, which turns into Waiuku-Otaua Road, for 7km to Otaua. Then turn right and then left into Hoods Landing Road for 1.6km. Then turn right into Forestry Road, before going straight ahead into Ghezzie Road. Follow Ghezzie Road for 2.0km to the forest entrance. Keep left and follow the O signs into the forest to the Event Centre, approximately 5.5km from the forest entrance. (The distance from Auckland Central is approximately 80km, which should take you 70-90 minutes, but we suggest you allow extra time for the vagaries of Auckland traffic.)
- **Parking:** Along road as instructed.
- **Event Centre:** Between 300m and 1000m from where you have parked along the road. Please allow time to walk from your vehicle to the Event Centre.
- **Forest evacuation:** If there is an emergency, return to the Event Centre and exit via Ghezzie Rd.
- **Landowners:** Special thanks to Crown Forestry for the use of the forest.
- **And special thanks to John and Val Robinson for their support on the Long event.**



Example map:
Waiuku Forest South

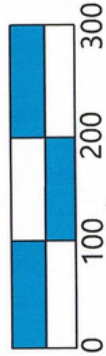


Mapping
W. Aspin
2018-2023



Waiuku South

Contour 3.5m Scale 1:7500



Geo-referenced 21-03-2023

Monday 5 June: Middle @ Waiuku Forest North



- **Planner:** Ross Brighthouse
- **Controller:** Wayne Aspin
- **On-the-Day Coordinator:** Katherine Granich
- **Scale:** 1:5000 and 1:7500
- **Contour interval:** 3.5m
- **Terrain:** Red courses: Pine forest, mixture of fast open/rough open/dense undergrowth. Orange/Yellow/White courses: Farmland and pine forest.
- **Hazards:** Normal hazards of a forest orienteering event. Rough ground, cutty grass, steep slopes, vegetation, fences, marshes, ponds.
- **Special gear needed:** Full body cover is recommended for courses 1-10.
- **Medic:** Available at Event Centre for moderate/serious injuries. Please bring your own first aid kit for minor cuts and scratches etc.
- **Registration:** 9am
- **Start Times:** From 10am; start times will be pre-allocated.
- **Start Area:** 800 metres from event centre; allow 15 minutes walking time
- **Course closure:** 2pm
- **SIAC available:** Yes.
- **Mobile coverage:** Spark and Vodafone generally available.
- **Water available:** No water is available at the Event Centre or on the course. Competitors should ensure they bring enough water for the day.
- **Toilets:** Portable toilets will be provided at the Event Centre. There will also be a portable toilet located at the Start.
- **Dogs:** No dogs permitted at this event. Please do not bring dogs.
- **Public race available:** No. Recreational courses are available only if you pre-entered. There will be no on-the-day recreational entries.
- **Maps available for collection:** After the last starter.

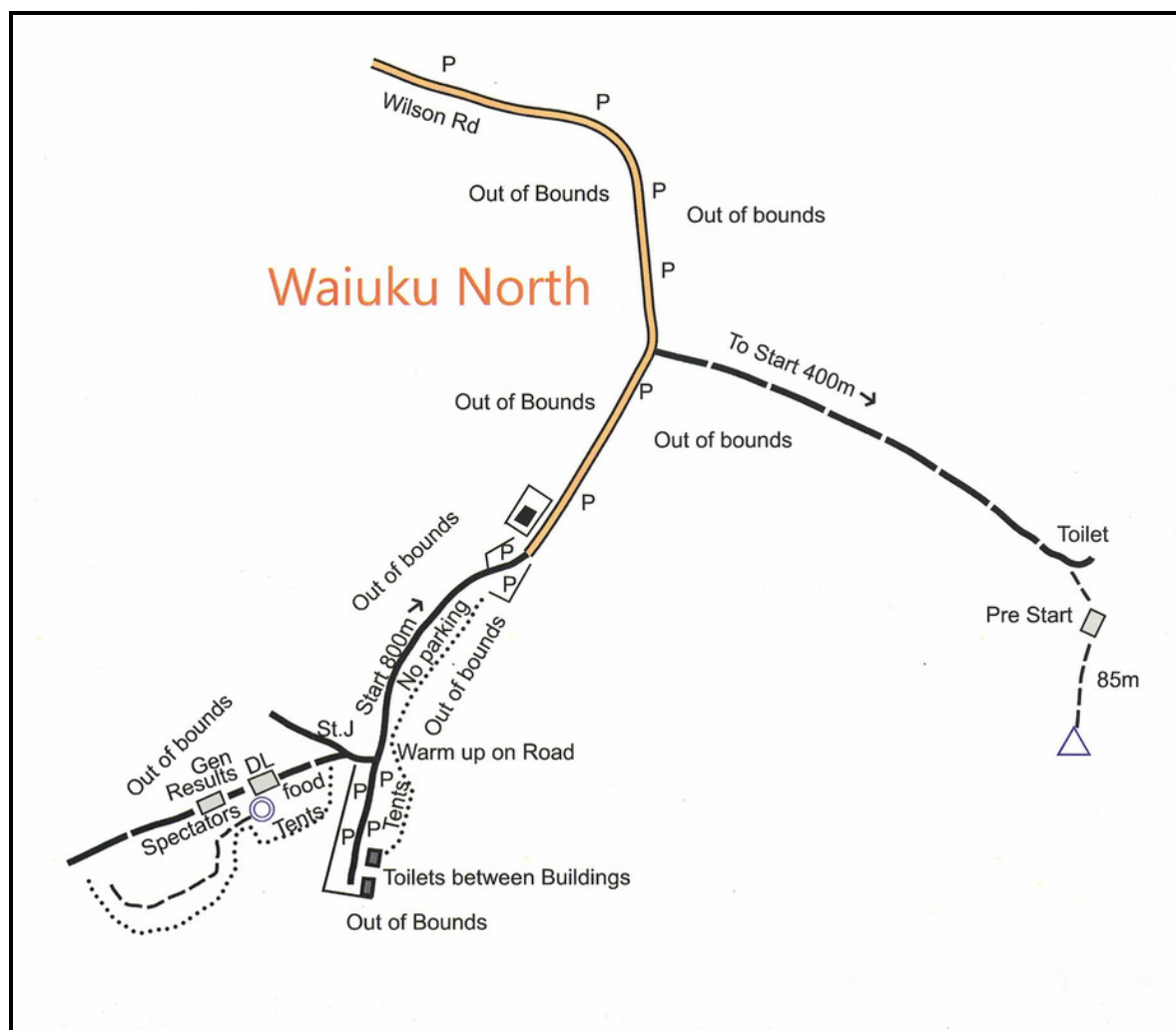
Course	Difficulty	Grades	Course Length (km)	Number of Controls	Map Scale
1	Red	M20E, M21E	5.43	25	1:7500
2	Red	W20E, W21E, M40A	4.25	15	1:7500
3	Red	Senior Boys A, M21A, M50A	3.8	14	1:7500
4	Red	W21A, W40A	2.83	13	1:7500
5	Red	Senior Girls A, W50A	2.65	14	1:7500
6	Red	M60A	2.52	12	1:5000
7	Red	M21AS, M70A, W60A	2.0	12	1:5000
8	Red	M40AS, M80A, M90A, W21AS, W40AS, W70A, W80A, W90A	1.55	8	1:5000
9	Orange	Junior Boys A, Senior Boys B, M20B, M21B, M40B	2.9	12	1:5000
10	Orange	Junior Girls A, Senior Girls B, W20B, W21B, W40B, Rec Orange	2.4	8	1:5000
11	Yellow	M12A, Junior Boys B, W12A, Junior Girls B, Rec Yellow	1.9	12	1:5000
12	White	M10A, M12B, W10A, W12B, MW10N	1.9	13	1:5000

Monday 5 June: Middle @ Waiuku Forest North



Getting there and Event Centre

- **Location/GPS coordinates:** Waiuku Forest North, Lat -37.3453 Long 174.7174
- **Driving directions:** From Waiuku Township, take Queen Street South, which turns into Waiuku-Otaua Road, and follow the O signs along Waiuku-Otaua Rd. Turn right at the junction with Otaua Road/Factory Road. Turn left to Hoods Landing Road, then right on to Forestry Road, then follow Forestry Road until it turns into Wilson Road.
- **Parking:** Along road as instructed.
- **Event centre:** Wilson Road/Robinson Road junction, Waiuku Forest North.
- **Forest evacuation:** If there is an emergency, return to the Event Centre and exit via Wilson Road North.
- **Landowners:** Special thanks to Crown Forestry and farm owners Ray and Brenda Litchfield and Brenda Raumati.



Example map: Waiuku Forest North

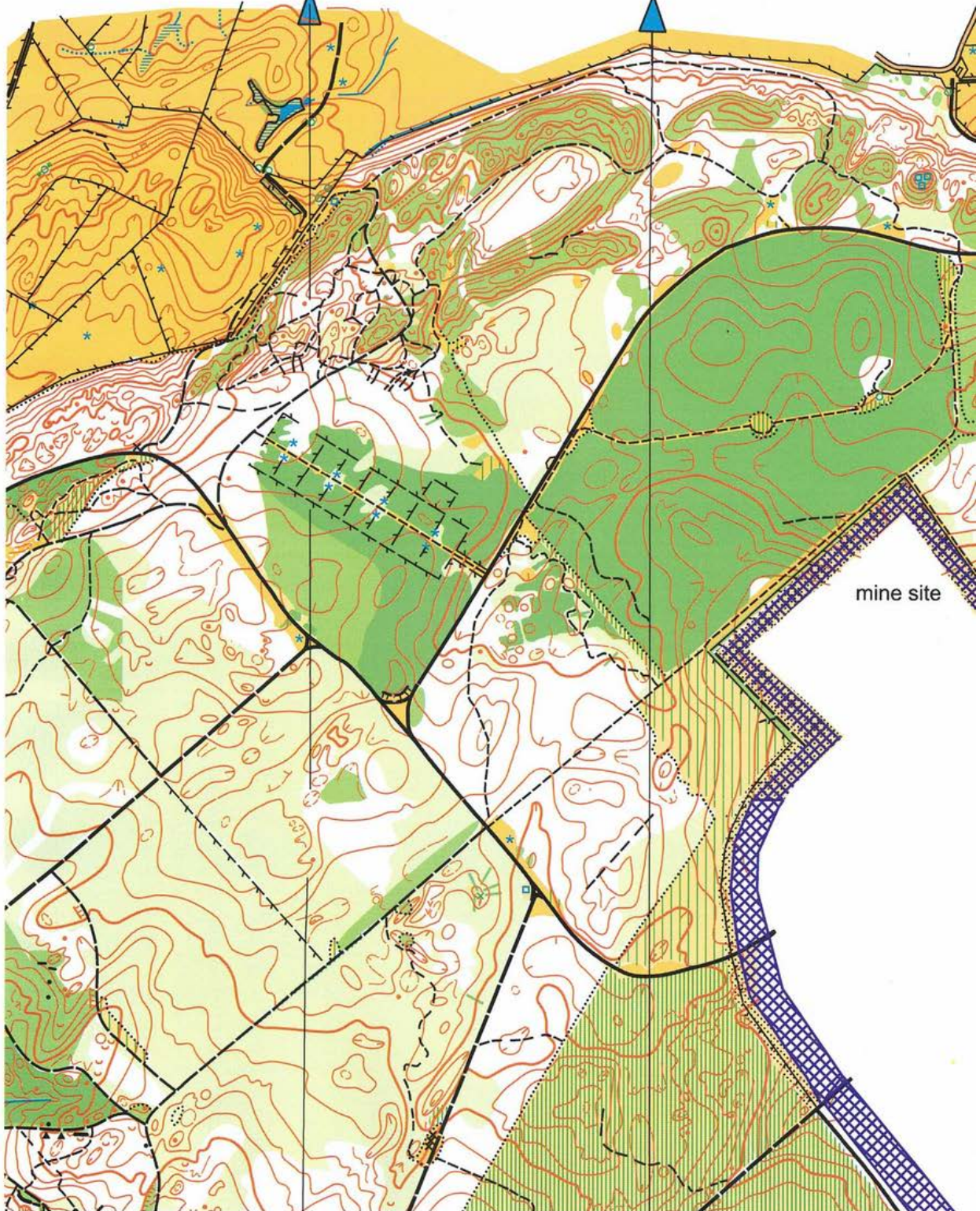
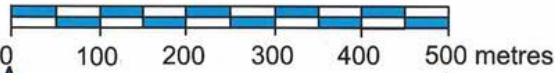


WAIUKU FOREST & FA

Contour interval 3.5m

Fieldwork Updated : Wayne Aspin, 15 Oct 2019

Scale 1: 7500



Event Commentators

We are fortunate to have two superb commentators who will not only be commentating on all three events, but will also be taking part in the events themselves. They will be interviewing some of our elite orienteers, discussing the terrain and courses, and drawing on their experience and passion for orienteering to share the excitement of KBO2023.



Nathan Borton



Callum Wishart

I'm a part of Auckland Orienteering Club and the University of Canterbury Orienteering Club, and I've been orienteering for about eight years now. Orienteering has taken me to some amazing places. My favourites would have to be Swiss town sprints and karst terrain in Slovenia. It is tough to beat some classic coastal pine forest back home at Woodhill or down in Palmerston North, though.

Good advice: My main advice to all the competitors would be to have confidence in your ability and run your own race. No need to worry about training you did/didn't do on race day, as it's already happened and you can't change that. Just focus on executing your race as best you can, and leave it all out there on course!

Hi, I'm Callum, and I belong to Auckland Orienteering Club as well as being a new member of the University of Canterbury Orienteering Club. I have been orienteering for seven years, where I've had the opportunity to meet so many amazing orienteers and visit many cool places, with my favourite being some of the maps near Helsinki. Currently one of my favorite places to run are the Port Hills in Christchurch; however, you can't beat my home map of Woodhill.

Good advice: My advice would be to stay calm, make sure you plan your legs carefully, focus on what you can control and, most importantly, enjoy the courses!

We're excited to introduce OTrax (otrax.app), a free site that allows you to track your orienteering run and compare it against other competitors. OTrax was developed by CMOC club member Greg Bacchus.

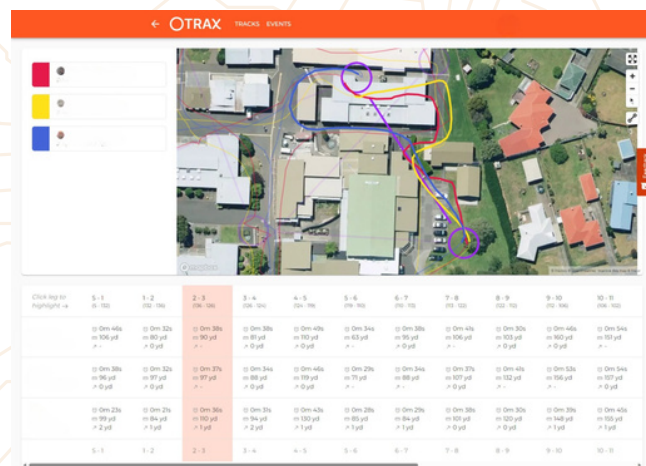
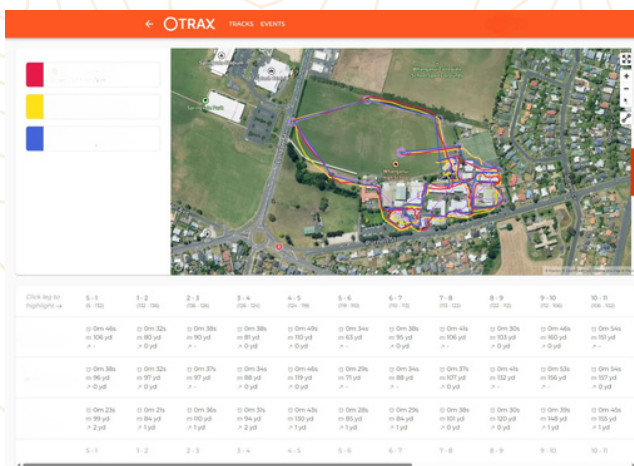
With OTrax, your orienteering "tracks" can be either imported from Strava Activities (easiest), or uploaded as FIT, TCX, or GPX files (files that contain GPS data recorded during your run). These files can be exported from the Garmin Connect website (not app), or various other tracking apps.

Once a track is imported, it will automatically search for a matching orienteering event based on time and location. If an event is found, you will just need to select the course, and then you will be able to compare to others who recorded a track for the same course.

Using OTrax, you can see your run overlaid on a satellite map and an orienteering event map, and you can toggle between satellite map only, O map only, or O map overlaid on the satellite map.



You can also compare your track to others who ran the same course, and see what people on other courses did. Take a look at your own and others' times and splits, zoom in to see detail on your track between certain legs compared to others. OTrax is free to sign up and use, and we are thrilled to use it for KBO2023.



An interview with Greg Bacchus, who conceptualised OTrax as an innovative solution to a challenge faced by many orienteers.

How did you come up with OTrax?

The original idea came to me when I was uploading one of my runs to another product which I found really difficult to use. So I thought, it should be possible to create something that is easy to use, free, and accessible to anyone who can record their run/track.

What was your development process like?

My initial focus was to make it easy to compare orienteering runs, where all you need is a GPS recording of the run. I noted that many orienteers already put their runs into Strava, so I devised a way for people to import their runs from Strava. Next, I wanted to make it really easy to create or register events. Currently the process is streamlined for any event that is planned in OCAD, Purple Pen, or Orienteering Mapper. Then I started thinking about competitions, where it would be great to have the events loaded into OTrax beforehand, but clearly you don't want to leak any course info. So I added the Competition setting – if an event is marked as a competition, maps and course details/controls will not be visible until after the event finish time.



Greg Bacchus

What are your future plans for OTrax?

Future features to include are richer event information, event/series logo branding, better creation of informal events like training groups etc that might not be fully planned in OCAD, better support for rogaine events, including SPORTident etc timings in the analysis, more advanced analytics and comparisons, and being able to upload runs directly from Garmin watches. And at some stage, I will probably be looking for sponsorship to cover the (minimal) costs of hosting, so it can be kept free and ad-free for everyone.

Do you have any hints for people who are using OTrax?

Runs and tracks can be recorded on watches and phones, so give your device time to get a good GPS fix before you start your run – this is best done in an area where you have a good view of the sky. In forest events, if your device doesn't get a good GPS fix before you hit the trees, it might take longer and your track might drift until the fix is obtained. Also, leg timings in OTrax are currently based purely off GPS proximity to the control, so timings may vary from official results.

What do you want clubs to know about adopting OTrax for official use?

In an ideal world, what I'd really like is for all clubs to upload their events to OTrax, as that will be key to motivating runners to upload their tracks. Once there are lots of tracks to compare, I'll be able to start looking at different and more interesting types of route analysis/comparison. I'd love to see it regularly used by clubs throughout NZ. I really encourage any group or club that is interested in using OTrax to either just start using it, or reach out to me at dev@otrax.app if any support help is required. It's still very much in active development, so if you are needing certain functionality, the development priorities can be influenced.



Important Information

Where to Find Stuff Out

- This publication (Bulletin Two) is the main source of information, along with the event website cmoc.co.nz/event-directory/kings-birthday-2023. CMOC's Facebook page facebook.com/cmorienteeing will also have useful information. Please ensure all competitors have read Bulletin Two.
- Additional information which becomes available after the publication of Bulletin Two will be posted on CMOC's website, Facebook page, and on a Noticeboard outside of the Registration tent. Our event commentators will also make announcements at the events if necessary.
- We will upload information, photos, and results to our website as soon as we are able to. Please give us some grace and time as our event team will likely not be able to upload final results until the evening of the event and possibly early the next day if there are any difficulties.

Personal Responsibility and Safety

- Comprehensive Health and Safety plans (HARM forms) are kept at Registration in the Event Centre, and can be viewed on request.
- Competitors should use common sense at all times to ensure their own and others' safety. Check for specific hazards in the event information in this bulletin, and on the Hazards Board at the Event Centre.
- At the Long and Middle (in the forest), it is compulsory to carry a whistle on the course for your own safety. Use your whistle if you need urgent help because of an injury or distress. **The recognised distress signal is a series of six short blasts on the whistle.** Pause and listen for a reply, and repeat to allow others to locate you. Do not use your whistle unless it is an emergency.
- Competitors are expected to render assistance on their course to anyone who is injured, has blown their whistle, and who requires physical assistance. Please give assistance as needed, and make event officials aware of the issue, so we can organise an appropriate response.
- To avoid initiating unnecessary searches after the event, all competitors must punch the Finish control even if they do not complete their course.
- **Car headlights must be on at all times when driving in the forest.** In addition, rain and dust/darkness can change the driving conditions significantly. At all times, drive to the conditions, and remember that there is never any reason to be, or excuse for, speeding.
- Open fires, smoking, and vaping are prohibited at all events. If you see a fire, please notify the event organisers immediately.
- Please bring along your own first aid kit and tend to minor injuries such as cuts and grazes yourself.

Important Information (cont'd)



Fair Play

- We ask all competitors to behave with fairness and honesty.
- Attempts to gain any information related to the courses, beyond that provided by the organisers, is prohibited before and during the competition. It is forbidden to bring any previous maps along to the competition areas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.
- Competition maps will be collected at the end of each race and will not be distributed until the last starter has begun their course.

Rubbish, Waste, and Caring for the Environment

- KBO2023 is a no-waste, pack-in-pack-out event. If you carry something into the venue, you are responsible to carry it out again, rubbish included.
- Please bring your own water bottle(s) to each day of the event, ensuring you have enough water for the day. There will be a water station at the halfway point of the Long, but otherwise, no water will be available.

Results and prizegiving

- We will have screens available at the events showing provisional results as they become available. There will be no radio controls or formal GPS tracking of competitors.
- We will upload final results to Winsplits and the CMOC website as soon as we are able to. Please give us some grace and time as our event team will likely not be able to upload final results until the evening of the event and possibly early the next day if there are any difficulties.
- We will not be holding a formal prizegiving event at any of the events. Instead, we will be providing competitors who place First, Second, and Third in each class with a printable certificate via email. These will be sent to you after the event.

Event Cancellation

- Cancellation of the event will occur in conditions that are too dangerous for safe competition. Situations that might lead to cancellation are COVID-19 alert level changes, fire risk, extreme weather, loss of access, serious earthquake, or death of a competitor or spectator.
- Should any of the events need to be cancelled, this information will be posted on the CMOC website cmoc.co.nz and on the CMOC Facebook page facebook.com/cmorienteering. An email will also be sent to all participants, using the email address provided as part of their entry, as soon as practicable after the decision is taken. We cannot guarantee that you will receive notification of event cancellation before you travel to the event, so please do check the above links.



Important Information (cont'd)

Withdrawals

If you have entered King's Birthday Weekend of O 2023 and you must withdraw for whatever reason, please notify the organisers as soon as possible by email. Refunds (if eligible) will not be actioned until the week after the event. Providing your bank account details in your cancellation email will speed up the process. Unfortunately, Counties Manukau Orienteering Club and Orienteering Waikato cannot take liability for any loss associated with travel or accommodation cancellation.

Mobile Phone Coverage

Mobile phone coverage is generally reliable at the University of Waikato for the Sprint Event. Mobile phone coverage is spotty but Spark and Vodafone are generally available in Waiuku Forest for the Long and Middle.

Facilities for Those with Young Children

Childcare will not be available at any of the events. We will have covered tent areas available where children may be looked after in shade; however, we recommend that parents bring their own shade coverage if required. Please also note the hazards at each event and plan accordingly.

Refreshments and Vendors

- As the Sprint is located in town, there are a number of food outlets nearby. As it is a holiday weekend, availability may be limited.
- Waiuku Scouts will be selling sausage sizzle, baked goods, sachet coffee, tea, hot chocolate, and other refreshments at the Long and Middle. Please bring cash and especially coins/small notes.
- MAPsport will be operating at the Sprint, Long, and Middle, selling orienteering gear and equipment. Please bring cash or you may be able to arrange to pay via direct deposit.

Photos and Videos

Photos and video recordings will be taken by a representative from Counties Manukau Orienteering Club and published on the CMOC Facebook page at facebook.com/cmorienteering. We would love to see your photos and videos! We encourage anyone who would like to share their own photos or videos of the event to contact us at info@cmoc.co.nz or message us through our Facebook page, ideally before the event, to arrange access for you to publish your photos and videos. If you wish to share a memory stick or Dropbox/WeTransfer/similar file of media, please email us at info@cmoc.co.nz or see us at Registration.

Important Information (cont'd)



Embargoed Areas

Please see the official Embargo Notice at this link: bit.ly/3T9Ofal for specifics including maps of the embargoed areas. The Embargo Notice applies to all King's Birthday Weekend of O 2023 events. Anyone found breaking this embargo or intentionally trying to gain an unfair advantage will be disqualified from competing or coaching at the relevant event.

Transport

- Public transport to the Sprint event held at the University of Waikato may be available, but it is up to individual competitors to ensure that any public transport they use will get them to the event on time. Check bus timetables here: busit.co.nz
- Public transport to the Long and Middle at Waiuku Forest is not available. Driving will be the most likely mode of transport for most competitors. We encourage competitors to car-share where possible to minimise the impact on the environment.

Travel and Accommodation

As with any holiday weekend, accommodation can be in high demand and at a premium. Here are some links to options for accommodation near Waiuku:

- AirBnB: airbnb.co.nz/waiuku-new-zealand/stays
- TripAdvisor: tripadvisor.co.nz/Hotels-g1985390-Waiuku_North_Island-Hotels.html
- Microsoft Bing Travel: binged.it/416G0j5
- Book A Bach: bookabach.co.nz
- Clark's Beach Holiday Park: clarksbeachholidaypark.co.nz

Accommodations and Accessibility

Please reach out to info@cmoc.co.nz with any enquiries regarding special accommodations and accessibility including colour-blind maps, mobility parking, or disability needs. Please give us as much notice as possible so we can plan solutions early.



Important Information (cont'd)

Entries

Final entries closed at 11.59pm on 21 May 2023. If you did not pre-enter, we are sorry, but entries on the day will not be available and no cash will be accepted. If you have entered and have not yet paid for your entry, please ensure you reconcile your account as soon as possible before the event. Credit card payments are available for all entries including overseas entries. All fees are in New Zealand Dollars (NZD) and are inclusive of GST.

Refunds

The following policies will apply to refunds:

- Entries cancelled partially or in full up until entries closed will receive a refund less a NZ\$10 administration fee.
- No refunds will be given for cancellations after entries close with the exception of a competitor needing to withdraw due to contracting COVID-19. Competitors needing to withdraw due to contracting COVID-19 will receive a refund in full.
- Application to the event organisers to accept cancellations and consider full refunds due to hardship or for some other reason should be made by emailing info@cmoc.co.nz.
- Refunds will returned to the entrant via the original method of payment less any fees accrued by the organisers, such as credit card usage fees.
- If the event is cancelled due to extreme weather or other factors outside of the event organisers' control (see Event Cancellation above), the organisers will endeavour to refund as much of the entry fee as possible, taking into account any sunk costs.

Changes to Entries

The following policies will apply to changes to entries:

- After final entries close, each request to change entrant details (email address etc), classes entered, or start times will attract a non-refundable NZ\$10 administration fee. Requests to change SI numbers are no charge. Please email the organisers at info@cmoc.co.nz with changes.
- As a last resort, SI numbers can be changed at the event, in person at Registration (bring your new SI Card), at least one hour before the event starts.



Complaints, Protests, and Appeals

In accordance with ONZ and IOF Foot O Rules 27, 28, 29, and 30, complaints to the Controller must be made in writing as soon as possible, within a maximum of 60 minutes of the competitor finishing. The Controller will make a decision and communicate it to the complainant within 60 minutes of receiving the complaint. There is no fee for a complaint.

If the complainant is not satisfied with the Controller's decision, they may lodge a protest. Protests may only be made by team officials, competitors, or event officials. A protest must be made in writing to the Controller or a member of the jury within 30 minutes of the Controller's decision about the complaint being advised to the complainant. Protests received after this time limit will be considered at the discretion of the jury if there is a valid exceptional explanation. A fee equal to the entry fee for that day for the class in question must accompany any protest, and this fee will be returned if the protest is upheld.

A jury will be appointed to rule on protests, consisting of a panel of 3 controllers from clubs other than the organising clubs, appointed by the ONZ Technical Committee. The jury must meet as soon as possible after receipt of a protest. Their decision must be made on the day of the competition concerned, and the decision of the jury is final. The jury will prepare a written report for the Controller and the ONZ Technical Committee stating precisely why the protest was upheld or was unsuccessful. The organisers will then publish both the protest and jury's report on the event website and the ONZ website.

An appeal may be made against infringements of these rules if a jury is not yet set up, or if the event is over and the jury has dispersed. An appeal may only be made against a jury decision if there has been a serious procedural error in the operation of the jury. An appeal may only be made by clubs, and must be made in writing to the ONZ Technical Committee as soon as possible. The ONZ Technical Committee will deal with the appeal, and their decision is final.

Precise information about Complaints, Protests, and Appeals are located in the [Competition Rules for New Zealand Foot Orienteering Events](#) document, which will be available to view at Registration.

The jury for the 2023 King's Birthday Weekend of O was not available to be named at the time of this bulletin's publication, and will be provided by the ONZ Technical Committee prior to the event. Names of jurors will be posted at Registration at each event.